



## Conscious Loving Ever After: How to Create Thriving Relationships at Midlife and Beyond (Paperback)

By Gay Hendricks, Kathlyn Hendricks

Hay House UK Ltd, United Kingdom, 2015. Paperback. Condition: New. Language: English . Brand New Book. Did you know that as you get older, your love life can get better? That instead of fading, your relationships can flourish? That you can have more exquisite love and more passionate sex in the second half of life than you ever had before? Kathlyn and Gay Hendricks, the pioneering authors of the original bestselling book Conscious Loving, show you how to create vibrant and joyful connections from your mid-40s onwards. Midlife is a time when we all face a choice: to settle into fixed routines and beliefs or to expand towards new horizons. With candour, compassion and plenty of humour, drawing on experience from their own marriage as well as stories from their clients and colleagues, Katie and Gay offer insights and practices to help you: - Expand and enrich love by making your own creative essence your top priority - Take blame and criticism out of your communication with those you love - Use presencing to tap into the flow of intimacy in every moment - Attract new love into your life - Enjoy the best sex ever Whether you re partnered...



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