

# CONSCIOUS LOVING

## THE JOURNEY TO CO-COMMITMENT



A Way to Be  
Fully Together Without  
Giving Up Yourself

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Foreword by John Bradshaw

*Gay Hendricks*

## Conscious Loving: The Journey to Co-Commitment



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Here is a powerful fresh program that can clear requirements for closeness and separateness; undermine even your best intentions. Gay and Kathlyn Hendricks have developed precise microscopic truth" marriage and through twenty years' experience each individual.strategies to help you create a vital partnership You will learn how exactly to: Let go Through their own well as to couples, Conscious Loving Balance away the unconscious agreements patterns that Increase intimacy by telling the "counseling several thousand couples, therapists will heal old hurts and deepen your capability for Communicate in a positive method that stops Make agreements you will keep;arguments; Allow more pleasure into your life. Addressed to people as and improve the energy, creativity, and happiness of of power struggles and need for control; ; enjoyment, security, and enduring love.



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The very best relationship book ever. I'm a relationship coach with an exclusive practice. Couples needing usage of unconscious motivations and who need to focus on projections will end up being helped by the approaches described here.. Just completed reading it, will review again after practicing. It was actually a required book in my spiritual psychology masters plan that I decided to get just a few tips from. Good Not had, not great.. It gives plenty of good examples to demonstrate patterns that don't function in relationships and will be offering fantastic exercises to be able to see your personal projections that you're unconsciously getting to the partnership. This book is most beneficial for lovers where both folks are willing to take responsibility for complications, and works less well when blame is prominent.. In the initial exercise, The Harmonizing Procedure, one person in the few breathes consciously to a 4 count. This book is nothing short of Life & Relationship changing. Love yourself - you're worthwhile I LOVE this publication. It highlights ways to be better to ourselves and learn how to seek and also have healthy, fun lives and associations. I feel just like a baby as I learn self-love every day, but I am committed to living this way. If you do the exercises and really explore your feelings, even the icky ones, you really can encounter what I can just explain as transcendence. The really important thing to realize is that you can't just do this once and expect it to stick. That is a lifestyle modification, just like healthy eating and living, that you have to consciously execute each day. Similar to yoga, each day is certainly a "practice". You will still experience angry, unfortunate, scared, anxious, lonely, and experience self-doubt. In a short time, they sit side-by-side and place hands on each other's backs, close eye, and do mutual harmonizing of breath. Honesty and Transparency is key! I must say I loved this publication and the shifts I familiar with the exercises. Great book for understanding how to relate This book is wonderful for couples or singles. I did so the book/exercises alone, not by choice, but I still experienced truly monumental shifts in my considering and feeling. The writing style is easy to learn and simple. This book introduces the "upper limits problem," in which couples on the mend encounter greater closeness than they're used to and then unconsciously sabotage themselves to revive old problems. actually into self help books but this one was recommended if you ask me by a pal and from the moment . They consider turns. He actually means be present with your feelings, and be in touch with yourself during a relationship. What I like about it is that it is practical, easy to understand, relate to and connect with your own relationship. The authors sure know very well what they're talking about. I highly recommend this book for anybody searching to build and maintain a happy romantic relationship with oneself and with others.. This is pretty much the partnership bible, for me. I was hardly ever really into self help books but that one was recommended if you ask me

by a friend and as soon as We picked it up it had been eye starting. If it generally does not feel intense, try adding eye get in touch with to the breathing. This is not about acquiring blame for the bad it's about recognizing when the poor started and seeing how so when and who enabled the behavior that had not been constructive so it could be corrected, stopped and avoided. Can be read jointly with somebody or alone to help with finding the right relationship for you. The point of this reserve is realizing to first love those feelings, and choose how to respond to those feelings. I LOVE this reserve! I was just a little skeptical when I heard from someone that Gay Hendricks was \*body-centered\* but I started reading this publication with my fiancée, and it is working miracles for our relationship. . We now have a common vocabulary we can use when coping with our relationship, and the positive strategy Gay teaches targets empowering couples to be creative individuals while co-dedicated in the partnership. His advocating for honesty and transparency to liberate a relationship really cuts through all the complications people tend to bring in to the process. Five Stars

Certainly love this book. Practicing therapists and lovers counselors will find this book gives solid suggestions for practice. This book might help, by bringing attention to historical, frequently unconscious, forces that generate anger and resentment. In case you are for cognitive solutions (changing the way you believe), behavioral solutions (changing everything you do), family dynamics (change anyone in the family and the whole system changes) or simple problem-solving, this book is not for you. There are other excellent books and options for those approaches! A first part of couples treatment is determining which approach is right for that particular few. Within many couples lives a tendency for "unconscious" loving. By unconscious loving the authors make reference to people in relationship who have a tendency to react to one another emotionally, without becoming conscious that the emotions coming up have more related to the past than the present. I could take notes and make a list that will aid me well in my day to day life. This and various other concepts are very powerful, and are offered with solutions to overcome them. The book provides many practical exercises. The more intense types are best finished with a therapist, others can be carried out at home. This book gets the capacity to transform any romantic relationship for the better, if they apply what's offered in this publication. The other watches and harmonizes his/her breath to the 1st. Really, it's a good book for people to learn how to be good people at all levels of life! This is life. Try it. If you are ready to face the future taking full responsibility for your actions and learning to recognize the patterns you might not have seen before I totally recommend. This review isn't about this content of the book. Unbound pages Just got the book. For couples who already have a good amount of self knowledge This is among the all-time greats, a book for people in relationship who've already done some solid focus on themselves, and have adequate self-

awarenessMany couples get caught in a cycle of unresolved conflicts and don't know how to get out of the anger and into intimacy. I learned even more about associations in this reserve than in any other relationship I've ever encountered. I see a lot of customers all day long.The authors Hendricks are not to be confused with the other Hendrix, Harville, the couples therapist who emphasizes a method for discussing tough topics. Five Stars greatest relationship publication in the world Very hands-on. Helpful cheese Cheesy as heck sometimes, but I got a whole lot of really helpful insights into my very own behavior and what went incorrect in my past relationships. When I first read this publication some years back I was already highly skilled in conversation, in human relationships. To my great shock this book finished up transforming my currently skilled communication, therefore transforming my capability to experience even deeper realms of intimacy and pleasure with my partner. Good. What I gift I really like the insights, an authentic look at the how to make relationship work.. An extremely hands-on book, with extremely specific exercises that center on action and the body, not rationalizing. It really is easy and simple with Mindful Loving, but both people have to be prepared. Great resource. I take advantage of this as a tuning-in exercise before hard discussions. The exercise was created by the authors to create a sense of unity in the few. Just to show it was included with pages unbound.



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