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conscious uncoupling

5 Steps to Living Happily *Even After*
Katherine Woodward Thomas

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5 Steps to Living
Happily *Even After*

how to break up in a whole new way

Katherine Woodward Thomas

National Bestselling Author of *Calling in "The One"*

After the success of her national bestselling book, *Calling in "The One"*, psychotherapist and life coach, Katherine Woodward Thomas was devastated when she and her husband decided to end their marriage after nearly ten years. After witnessing many difficult divorces that were not only hard on the couple but on their family and friends as well, Thomas and her husband decided to try a different approach; one that took into account what they'd once meant to each other. Through her own experience, Thomas realized that she could help others. So she set about determining the steps they had taken to successfully get through the process in a civil and healthy way and the process of "conscious uncoupling" was born.

In her new book, **CONSCIOUS UNCOUPLING: 5 STEPS TO LIVING HAPPILY EVEN AFTER** (on sale September 22, 2015, Harmony Books), Thomas promises a new way to end a failing relationship that isn't bitter and needlessly painful but is instead characterized by goodwill, generosity, and mutual respect. Instead of

feeling that time spent in a relationship was a big mistake or a waste, couples can honor their pasts. With its precepts, couples learn how to do minimal damage to themselves, each other, and their families—and promote healing and wholeness instead.

In this groundbreaking book, Thomas walks us through the following five steps to get through a breakup and live happily after.

Step 1: Find Emotional Freedom: Harness the energies of the dark and difficult emotions they may be experiencing, such as rage, hatred, fear, and despair, and transform them from destructive impulses to hurt themselves or others into constructive drivers of positive change.

Step 2: Reclaim Your Power and Your Life: Let go of being a victim of love, and shift perspective to begin taking personal responsibility. By doing this, you begin to see how you have been a source of their own suffering in a way that frees you from repeating the dynamic again, and empowers you to evolve beyond disappointing patterns in love.

Step 3: Break the Pattern, Heal Your Heart: Identify their "source-fracture story," and start to understand how it's been the underlying cause of their disappointing patterns in love. Readers will learn to acknowledge that their painful patterns in love have not simply been happening to them over and over again, and instead begin to distinguish exactly how these patterns have been happening *through* them, giving readers the power to evolve beyond them.

Step 4: Become a Love Alchemist: See themselves as capable of generating a positive future for themselves and everyone impacted by the breakup, no matter how hurtful or hard things have been until now. They will also be given the tools and techniques they'll need to remove and repair any residue of hurt and festering feelings.

Step 5: Create Your Happily-Even-After Life: Make wise, healthy, and life-affirming decisions as they take on the essential tasks of reinventing their lives, and set up vital new structures that will allow them and all involved to thrive after this transition.

By offering an alternative to antagonistic and hostile separations, **CONSCIOUS UNCOUPLING** makes a very difficult time in anyone's life, a bit easier to bear and promises a much brighter future in any new relationship.



ABOUT THE AUTHOR: KATHERINE WOODWARD THOMAS, MA, MFT, is the author of the national bestseller *Calling in "The One": 7 Weeks to Attract the Love of Your Life*, a licensed psychotherapist, cocreator of the Calling in "The One" online courses, creator of the Conscious Uncoupling five-step process to recover from a breakup or divorce, and the cofounder of the Feminine Power Global Community, a thriving learning community serving thousands of women worldwide.

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