



# Conscious Uncoupling: 5 Steps to Living Happily Even After

*Katherine Woodward Thomas*

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*And Then They Lived Happily...*

We enter our romantic relationships with great love, hope, and excitement--we've found the 'one', so we plan and forge our futures together. But sometimes, for many different reasons, relationships come undone; they don't work out. Commonly, we view this as a personal failure, rather than an opportunity. And instead of honoring what we once meant to each other, we hoard bitterness and anger, stewing in shame and resentment. Sometimes even lashing out in destructive and hurtful ways, despite the fact that we're good people at heart. That's natural: we're almost biologically primed to respond this way.

Yet there is another path to the end of a relationship--one filled with mutual respect, kindness, and deep caring. Katherine Woodward Thomas's groundbreaking method, *Conscious Uncoupling*, provides the valuable skills and tools for you to travel this challenging terrain with these five thoughtful and thought-provoking steps:

Step 1: Find Emotional Freedom

Step 2: Reclaim Your Power and Your Life

Step 3: Break the Pattern, Heal Your Heart

Step 4: Become a Love Alchemist

Step 5: Create Your Happy *Even After* Life

This paradigm-shifting guide will steer you away from a bitter end and toward a new life that's empowered and flourishing.

*From the Hardcover edition.*



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