



# The Conscious Heart: Seven Soul-Choices That Create Your Relationship Destiny

*Gay Hendricks, Kathlyn Hendricks*

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Kathlyn and Gay Hendricks are two of today's foremost relationship experts. Their bestselling book **Conscious Loving** has already become essential reading for tens of thousands of couples. Now, in **The Conscious Heart**, they identify the seven commitments that can transform from the inside out.

These seven simple--but powerful--choices enable couples to:

- Use conflict to create greater understanding
- Overcome the fears and defenses that block intimacy
- Resolve struggles for control
- Increase generosity and appreciation
- Deepen passion, commitment, and aliveness
- Release the creativity of each partner

Filled with numerous true-life stories--including how the authors survived and grew from their own midlife marital crisis--**The Conscious Heart** is an inspiring and instructive affirmation of the ultimate power of love.

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