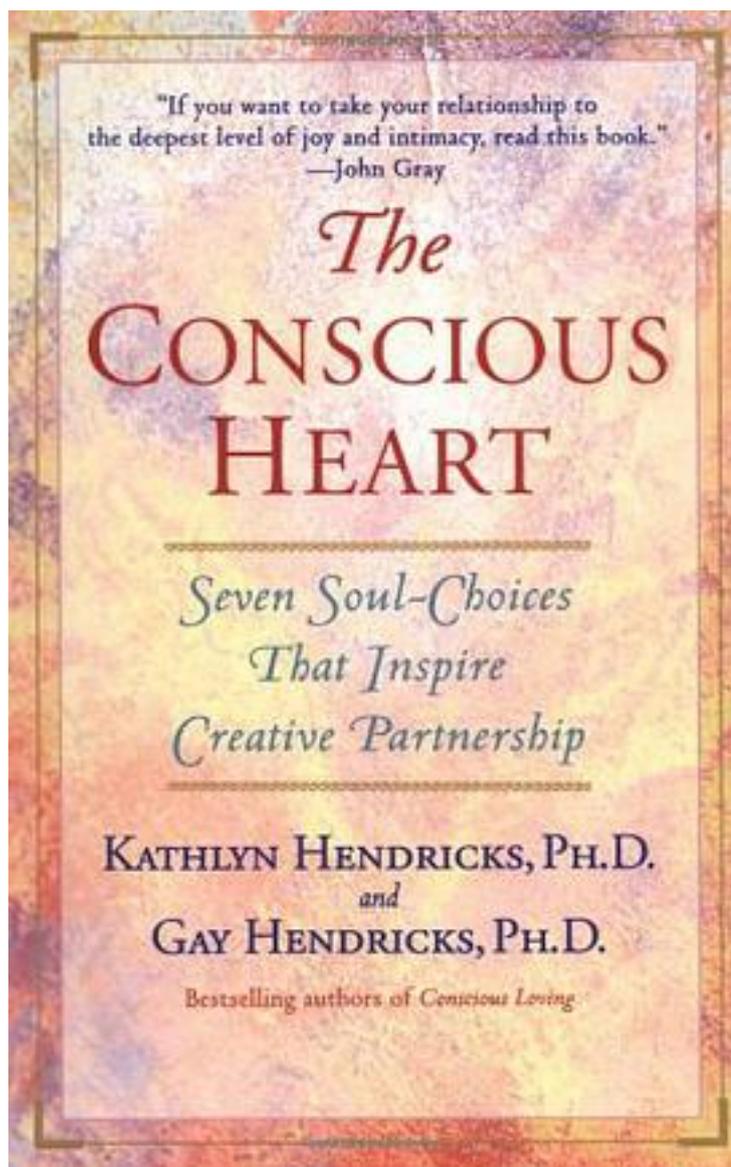


# The Conscious Heart



[The Conscious Heart 下载链接1](#)

著者:Hendricks, Kathlyn/ Hendricks, Gay

出版者:Bantam Dell Pub Group

出版时间:1999-2

装帧:Pap

isbn:9780553374919

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.

作者介绍:

目录:

[The Conscious Heart\\_下载链接1](#)

标签

评论

---

[The Conscious Heart\\_下载链接1](#)

# 书评

-----  
[The Conscious Heart 下载链接1](#)