



The Relationship Handbook: A Path to Consciousness, Healing, and Growth

Shakti Gawain, Gina Vucci

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Using knowledge and skills honed over a lifetime of teaching and learning, personal development pioneer Shakti Gawain presents a powerful, life-changing work on a subject she has always been passionate about: our relationships. In her popular workshops and in her personal life, she has tested and refined the insights and exercises in this book, which she cowrote with her longtime collaborator Gina Vucci. Their approach reflects the fact that each of us is in relationships not only with romantic partners, family, coworkers, and children, but also with internal core beliefs and a variety of selves, including primary, disowned, and shadow selves.

These revelatory teachings incorporate strategies for becoming aware of hidden beliefs, applying the Voice Dialogue process developed by Drs. Hal and Sidra Stone, and learning to experience every relationship as a path to self-knowledge. Through her gentle guidance, Shakti shows us how every relationship we have at every moment can be seen as a path toward greater consciousness, healing, and growth.

There is no other book on relationships like this. Give this powerful book even a short amount of time — and prepare yourself for some truly remarkable results!

“Our relationships are our teachers and can guide us through our lives if we know how to use them that way....Every relationship is an opportunity for us to learn about ourselves and to grow. Working with my relationships in this way has been the most powerful and comprehensive path to consciousness I have experienced, and I love to pass it on to other people.” — Shakti Gawain, from the book

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