



Conscious Living

Gay Hendricks PhD

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Conscious Living

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In his bestselling book *Conscious Living*, pioneering therapist Gay Hendricks taught couples how to find balance and happiness in relationships. Now he gives us *Conscious Living*, a practical guide for the individual that brings new insights into a fundamental truth of daily truth of daily life. Five simple lessons of "conscious living", rooted in the ancient traditions of Stoicism and Taoism, help us overcome obstacles and fears and awaken our own creativity.

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