

*If life gives us rocks,
it's our choice whether
to build a bridge or
a wall.*

ANONYMOUS

capacity to love and be loved. In a nutshell, a breakup is nothing short of a once-in-a-lifetime opportunity to have a complete spiritual awakening. One that catapults you to a whole new level of authenticity, compassion, wisdom, depth, and—dare I say it?—even joy. The only way the searing agony of your breakup is going to become the latter, though, is if you set your heart and mind in that direction, and make a conscious and determined effort to get there.

If you have the courage to rise and take on heartache for all it's worth, then this book is for you. If you're willing to use the pain you're in to flush out the falsehoods you've been tolerating for far too long, and emancipate yourself from the painful patterns you've been unable to face until now, it's for you. If you will use this setback as the opportunity to liberate yourself and others from the many ways you've been dimming down, and showing up as less than who you are in life, it's for you. If you're ready to use this shocking loss to break your heart open, expanding and enlarging your capacity to authentically love yourself and others in the process, it is for you. If you have the fortitude to make something beautiful of this, for yourself and all those you love, then this book is for you.

I wish I could promise that if you engage in a Conscious Uncoupling process you will have a pain-free breakup, but I can't. For we human beings are biologically predisposed to bonding, and there is simply no way not to bleed at least a little (and maybe a whole lot) when the ties that bind us are cut, even if we do it ever so gently. Yet, having taken thousands of students successfully through the process, I'll be sharing with you over our next few days, weeks, or months together what I can

promise you is a safe passageway to wholeness for yourself and those you love. I can promise you that your life will not just be tolerable on the other side of this dark night of the soul, but it will actually be even better and more beautiful for all you have been through. I can promise you the hope of loving again, with a wide open, happy, and trusting heart that is confident you will not make the same mistakes again. And finally, I can promise that you will one day look back on this disastrously difficult moment in your life and speak a prayer of gratitude, having turned the worst thing that ever happened to you into the absolute best.

*If love is the answer,
could you please
repeat the question?*

LILY TOMLIN