

personal Conscious Uncoupling process, offering intimate guidance and support for each of the five steps along the way. Starting with the first step, Find Emotional Freedom, and leading you through to the final one, Create Your Happily-Even-After Life, you will find the practical tools and skills you'll need to navigate the tender transition you're in, all the way home to wholeness.

If you are in a tremendous amount of pain right now, you may prefer to go straight to Part Two of this book, coming back to read Part One later, once your oxygen mask is firmly in place and you're able to breathe again.

My Own Moral Dilemma

Now, I have to confess that I hesitated a long time before writing this book, dragging my feet to put this all down on paper. This was largely because I didn't want to encourage anyone to be casual about the critical decision to dissolve a long-term committed partnership. What happens when you take away the social shame associated with a "failed" relationship, or the terror that you will absolutely mess your kids up for life, coming as they now do from a "broken" home? I certainly don't want to be even partly responsible for tipping the scales further in the direction of marriages that end before one or both people die.

I am a strong supporter of committed, long-term unions, and I do my best to empower couples to stay together whenever possible. In fact, when clients come into my office saying they want to have a Conscious Uncoupling, I'm apt to spar with them a bit, trying to poke holes in their certainty and reveal it to be a bit premature. Because I'm such an ardent advocate of committed love, I'm thrilled with the recent twists and turns on

the marital landscape of America, as we now invite our gay and lesbian friends to join us in forming lifelong, stable, and legal partnerships that can further contribute to the strengthening of American society. So, it's important to understand that I did not create this process to make light of the choice to separate. In fact, a bit later on, in the "How and When to Do This Program" chapter, we are going to have a serious discussion about why staying together might actually be the better path to take.

Here's what I really want us to understand, however. In a world where more people divorce in any given year than buy new cars or eat grapefruit for breakfast, I think it's time that we learned how to do this better. And that is the heart and soul of what the book is all about.

*Life's not always fair.
Sometimes you can get
a splinter even sliding
down a rainbow.*

CHERRALEA MORGEN

Who This Book Is For

The Conscious Uncoupling process is not just for those who made it all the way to the altar. It's for anyone whose heart is heavy with the unspeakable grief of lost love. All breakups, in addition to being crazy painful, are also a critical crossroads. The loss of love is a definitive moment in life that will demand a grave decision of you. From the dung heap of your despair, you are either going to throw in the towel and contract from life in order to protect your heart from this kind of hurt again, dooming yourself in the process to living a lesser life, or you are going to find a way to use this tragic experience as the opportunity to cultivate greater wisdom, depth, maturity, and a deeper