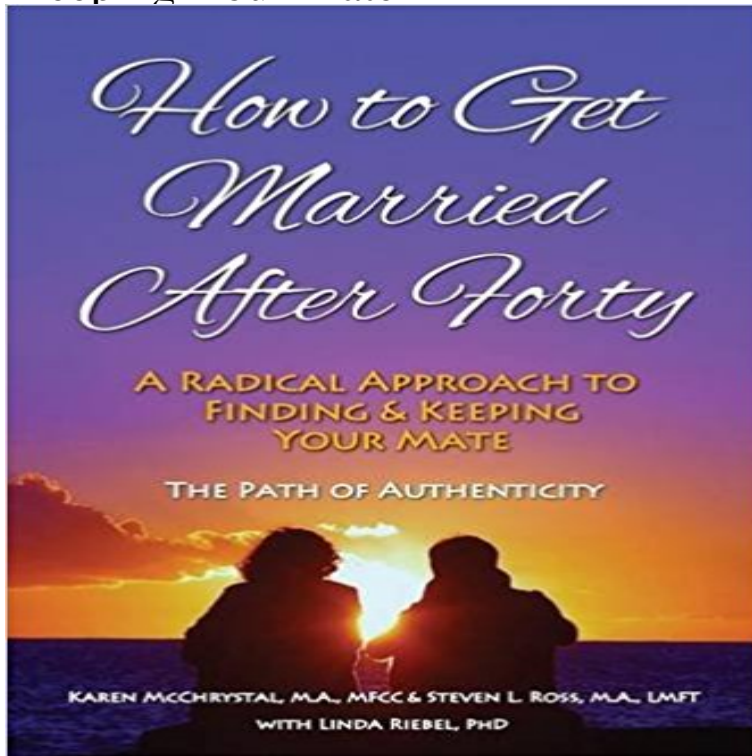


How to Get Married After Forty: A Radical Approach to Finding and Keeping Your Mate



This book is about finding and keeping a life partner. If you are over 40 and single, and do not want to live alone, this book was written especially for you. Although our lives may be complicated by the time we reach middle age, after 40 our energies and priorities diverge from the drives of young adulthood to establish careers, home, and family, toward something far less dramatic: finding someone who is genuine, capable of intimacy, and who understands and loves who we really are. At this point in our lives, that is what really counts. The big question is, how do we do it? Based on their own experience and years of counseling couples and individuals, the authors demonstrate that the search for an ideal mate is far less about finding the right person than about becoming the right person. You will learn how to identify and resolve the two most important factors for attracting and sustaining fulfilling intimate relationships: discovering one's own internal blocks to personal authenticity, and learning how to communicate honestly, skillfully and compassionately. This simple yet radical approach includes uncovering past conditioning and, most importantly, the top ten hidden, counterproductive beliefs that are most likely to sabotage intimacy and block marital success. Through these efforts we can find the person who fits with us, with whom we feel safe and comfortable being fully ourselves - someone most likely to actually be our ideal mate.

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