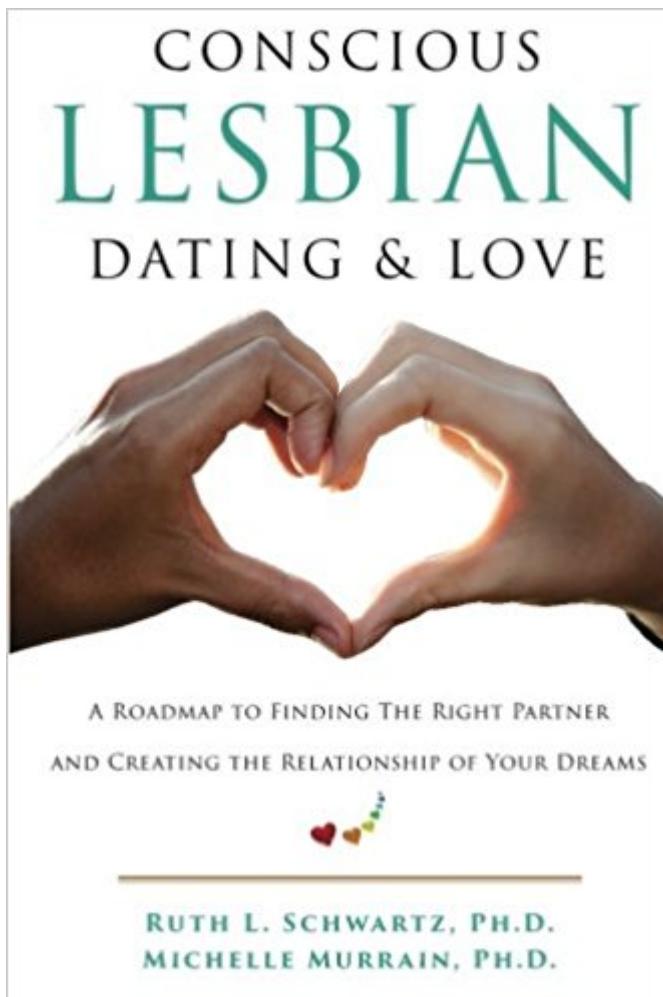


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# **Conscious Lesbian Dating & Love: A Roadmap To Finding The Right Partner And Creating The Relationship Of Your Dreams (Conscious Lesbian Guides) (Volume 1)**





## Synopsis

If you're a single lesbian who wants deeply fulfilling lasting love - or feels doubtful about ever being able to find that kind of love - this book was written for you. You'll learn exactly why and how the conscious approach to dating and love will make all the difference for you, and also get a detailed roadmap to help you find and create the relationship you most want. Great relationships don't happen by accident, luck or magic. Instead, they're a direct result of the choices you make, and the actions you take. Drawing from neuroscience, psychology and spirituality, this book will help you take charge of your relationship destiny, no matter how many heartbreaks or disappointments you've had in the past. "Now that lesbians can legally marry, it's time to learn how to have the best relationships we can," the authors say. "We know that happy, healthy, lasting lesbian love is possible for you, because we've taught and coached many other lesbians and queer women how to find and create it - and most importantly, because we live it ourselves, every day. This book will tell you how."

## Book Information

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## Customer Reviews

Ruth L. Schwartz, Ph.D. is the author of seven other books, including *Soul on Earth: A Guide to Living & Loving Your Human Life*. Extensively trained in Transpersonal Psychology and shamanism, she is a core faculty member at Ashland University. Her private practice focuses on helping individuals and couples connect with their soul purpose, live more fully and deeply, and feel more

joy. Contact her at Ruth@consciousgirlfriend.com. Michelle Murrain, Ph.D. holds degrees in Neuroscience and Theology, and has had a Buddhist meditation practice since 1990. She taught at Hampshire College for ten years, and also studied relationship coaching with Gay & Kathlyn Hendricks, authors of Conscious Loving. Michelle's coaching specialties include helping lesbian or queer couples resolve conflict and rebuild trust, and helping single lesbians and queer women love themselves, craft their relationship visions, and find happy, healthy relationships. Contact her at Michelle@consciousgirlfriend.com. Life partners since 2006, Ruth & Michelle live in Sonoma County, California. Since founding Conscious Girlfriend, they've helped thousands of lesbians and queer women learn to date wisely and love well through their coaching, online classes, workshops, retreats, videos and more. Sign up at [www.consciousgirlfriend.com](http://www.consciousgirlfriend.com) to receive free resources!

I have read so many self-help books over the years, and some of them were useful, some not so much. This book is blowing my mind. I have been out of the closet for more than 30 years, and like most of the lesbian community we don't have a lot of healthy role models for forming lasting relationships. There are some lesbian dating gurus floating around, but they are single, so I take their advice with a grain of salt. My theory is this: If you want to master something find people to emulate who have already mastered it. Michelle and Ruth clearly have an amazing relationship, and they want to share what they've learned from their successful relationship and a lifetime of dating wisdom. These are the two I plan on following. I want what they have, and thanks to reading their incredible book I finally believe I can do it! I like to think I'm a pretty self-aware person, but even in my 50's I still run into the same relationship traps because I'm not choosing wisely. Like many of us, I grew up in a toxic household with people who had no coping skills or communication skills, add on to that the trauma of coming out at a time when it wasn't so cool...there's a reason so many of us are single. This book is changing everything for me. I don't know of another successful lesbian couple who is offering this kind of wisdom or insight. I'm still reading the book, I plan to refer back to it whenever I need it. But I'm already enjoying some much needed inner peace from reading the book and employing some of the strategies. I love the Metta and use it every day. Their advice is straightforward, easy to read and easy to implement. Whenever I run into a friend who's struggling with a relationship - I'm going to gift them this book. I rarely write book reviews, too busy, too tired, and perhaps, a little jaded. But I think all of my lesbian sisters would benefit from reading this book. Hands down this is the best lesbian relationship advice I've ever read, and I've read almost all of it. Thank you Michelle and Ruth for this much needed guide.

This is the book I was desperately looking for a few years ago after getting back into dating after a relationship ended! I am grateful to the author(s) for putting this together at a time when we seek connection in our community more than ever. As someone who wants to take responsibility for myself and learn from past relationships, Conscious Lesbian Dating & Love is a very grounding, practical applications tool to help. This is a great read - full of helpful, realistic knowledge and tips for what to do with that information. Somehow the authors have managed to break down some very intricate facts about human relationships into a format that I could understand and then begin to see how to apply. There are stories told throughout, which helps drive the points home, as examples are so useful. I love that this book is a beautiful integration of mindfulness, spirituality, and application of research on relationships and communication. Who knew that I was moving through relationships due to limerence, rather than love?

I've read a kajillion self help and even professional level counseling books, so take my opinion with a handful of salt. Some of the ideas were good, I don't specifically recall any that were bad, but I left this book thinking "I probably won't keep it" and "their best strength was specifically marketing their book to the lesbian population (even though, IMO, gay relationships are only somewhat different from hetero relationships). In other words, I wish I'd bought it used. On the other hand, if considering spending hundreds of dollars on their annual live weekend workshop, it's a very affordable way to get exposed to their style, point of view, and material.

There are a few good things in this book, but mostly it's an advertisement for their roadmap and other classes. Ruth and Michelle aren't actually Gottman certified Conscious Relationship (CR) therapists, but have put their own (unresearched) twist on Gay and Katie Hendricks methods. In fact, Ruth and Michelle, though legally married are not actually together any more. This is unfortunate since really, Ruth and Michelle were the only lesbian focused therapists doing anything close to CR. If you really want to learn about Conscious Relationships please check out John and Julie Gottman (yes they have done research on same sex couples). The Seven Principles for Making Marriage Work by John Gottman is an excellent book and available on Kindle, as is What Makes Love Last. You might even want to check out some of the excellent books by Katie and Gay Hendricks. Ruth and Michelle may be well meaning, but they just haven't got the goods on consciously loving, lasting, truly committed relationships. Good luck in finding and keeping great love.

This is an excellent book which contains many helpful advices on how to find a suitable partner and it explains which might be the reasons and causes why you can't find the right one. It was written as a roadmap (1 exercise per week), but I was too curious to get to the end, so I read it all through and now I will reread it and make the exercises which were suggested by Ruth and Michelle. When I got the book and saw their photo together I immediately liked them. It just resonated with me, and after reading the whole book I can say they walk their talk. This is a kind of book you can read it a couple of times and every time you will find something useful you can apply. I definitely think it works, also because I have already did and I am still doing spiritual work which has changed me for better, so this book came to me as an additional tool which will help me to find what or better to say who I am looking for. I am happy because I think I raised my vibration high enough to be able to "attract" such a useful book. I highly recommend it. I think it is also useful for hetero couples, or anyone who would like to have a clear and nice relationship full of love and understanding. Who doesn't want it? First you will find yourself, and than you will find the right person. I will definitely go back to the book /manual more than once.

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