



Conscious Living: Finding Joy in the Real World

By Gay, PhD Hendricks

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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 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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Editorial Review

Review

“Gay Hendricks is a master of intimate relationships.” (John Gray, author of *Men Are From Mars, Women Are From Venus*)

About the Author

Gay Hendricks is the author and coauthor of more than twenty books that deal with personal growth, including the *New York Times* bestseller *Five Wishes* and *Conscious Living*.

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