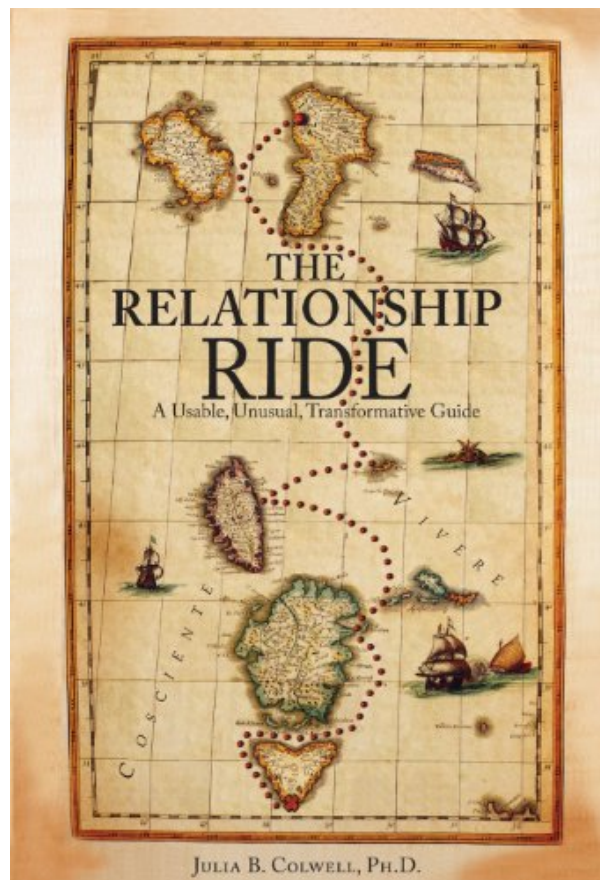


**THE RELATIONSHIP RIDE: A USABLE,
UNUSUAL, TRANSFORMATIVE GUIDE BY
JULIA B. COLWELL, PH.D.**



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Review

The Relationship Ride: A Usable, Unusual, Transformative Guide by Julia B. Colwell, Ph.D. Integrity Arts, 366 pp. \$18.95. The founder of Boulder's Center for Conscious Community doesn't believe that the initial bliss of falling in love will inevitably end. This book seeks to debunk the notion of settling, and offers tools and suggestions for how to keep the bliss going long-term. What happens after that initial strike of Cupid's arrow, when we no longer feel those expansive feelings? Our culture seems to share the belief that these intensely blissful feelings will inevitably wane. --Boulder Daily Camera 8/6/11

About the Author

Julia Colwell, Ph.D. Dr. Colwell has spent over two decades and thousands of hours with individuals, couples, and groups, exploring the world of relationships. Moving out of the world of traditional talk therapy into a body-centered focus, she's fine-tuned a style that is at once direct, respectful, gentle, confrontational, and loving, co-creating personal and relationship transformation. She is the founder of the Boulder Center for Conscious Community and teaches a variety of classes, groups, and workshops, along with being in private practice in Boulder. She has kitchen-tested everything she teaches in her own amazing twenty-three year relationship.

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This transformative book gives you a whole new perspective on relationships: that the challenges are what evolve us, and we choose our partners, co-workers, and friends in order to learn the best skills for life before the mast of becoming our best selves. Imagine having a well-thumbed relationship manual at your side to stay on the Relation-Ship so you can: keep from running aground; or when you do, know how to get going again, and then easily move through the storms of conflict; face your partner's (and your own) inner sea monsters. Filled with practical information based on research, as well as Dr. Colwell's decades-long work with couples and individuals, The Relationship Ride provides an interesting and even fun way to sail along through the complexities and challenges of intimacy. Filled with examples, exercises, and hands-on experiences, The Relationship Ride will prove to be your most invaluable guide for the ride of connection.

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The only relationship book you need

By Verna Wilder

What if you had a proven method for moving through stuck places in your life? What if you could learn to

get unstuck and have fun doing it? What if you could apply this method to all of your relationships? You can, and Julia Colwell tells you how to do it. I've read this book more times than I can count (I'm Julie's editor), and I've been applying these techniques to my life, practicing with friends and family. This stuff works!

Here's what Julia's book does that most self-help books don't do: She gives you an effective way to practice what she teaches, and she makes it fun. In a time when more than 50% of marriages in this country fail, Julie offers another way to view the rough times so that any two people who are willing to play with new ideas can sustain and deepen that feeling-in-love feeling that brought them together in the first place. This is not hyperbole.

The Relationship Ride combines concepts with research, offers exercises and overviews and maps that take the reader into new territory: the core of the essential self. Julia Colwell does this work in her own relationship and has been teaching others how to do it for 20 years or more. The world is a better place for it.

0 of 0 people found the following review helpful.

The Relationship Ride

By Dr. Rita Stanford

In the Relationship Ride, Dr. Julie Colwell very creatively uses nautical terms and images to portray the nuances of relationships. As Dr. Colwell puts it, the Relationship Ride is "not a gauge for how long to stay in a relationship or how to know when to say enough is enough" but a tool to keep our attention on what is more "useful, precious and fun" in the relationship. Colwell's premise is that our attention should not be on what is right or wrong with the other, as if we are "starring at the bottom of the boat to detect any possible leaks." We are not to decide exactly when to abandon ship, but rather we become "present with the glorious feeling of sailing the open sea."

As Colwell puts it, you and your partner "set sail into the wide ocean blue, and rather than being at the mercy of the wind or drowning waves, you are given the tools and supplies for a voyage of great adventure with "maps and a compass." Dr. Colwell's images and tools are a most creative way to engage the reader in a real life experience of a ride that has excitement and adventure. Rather than be the mercy of your relationship issues you are the captain of the great ride.

0 of 0 people found the following review helpful.

Outstanding book!

By Byph

This is an excellent book for people who don't live in solitary confinement. If you interact with others, this is a must read. Dr. Colwell provides sensible interpretations of how people relate to their own inner selves and to others.

Also, the books (I ordered extras to share) arrived exceptionally quickly, several days before I expected them using Amazon's free shipping option.

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