



***THE RELATIONSHIP RIDE:
A USEFUL, USABLE, TRANSFORMATIVE GUIDE***

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Take a voyage of exploration that debunks common myths about what couples should “settle” for. Colwell gives us the maps, tools, and exercises to ride the initial bliss into a long-term relationship of personal growth and mutual joy.

Q: You’ve written two books on relationship and are locally renowned as a relationship expert. How’d you get started?

A: I’ve been fascinated by relationships for my whole life. I used to read “Can this marriage be saved?” in my mom’s Ladies Home Journal, intrigued by the seemingly unsolvable relationship issues and then thrilled by the transformation unfolding before my very eyes. I was hooked.

Becoming a psychologist was perfect for me – now I could solve the mysteries of intimacy as a livelihood. I studied couples’ dynamics through graduate school, focusing in on the flow between peoples’ need for intense connection and their need for separateness. This seeming contradiction fascinated me: how could intimate partners create loving connection and still honor their individual selves?



Julie Colwell has been exploring the open seas of relationship for most her life and has been counseling clients on the subject for more than 25 years. She founded the Boulder Center for Conscious Community, where she leads workshops on conscious living. Learn more about Julie at www.JuliaColwell.com

Sailing with Julia Colwell

Q: What makes *The Relationship Ride* different from other relationship books?

A: A few things. First, I've noticed how many books on relationships are very serious—even boring. They keep the attention on what's wrong and how to fix those wrongs. My book offers something I believe is more useful and precious and fun. It assumes that two people together create a relationship ride that actually leads the way toward our souls' full evolution. Also, instead of "settling for," I teach people about riding the waves of initial bliss into a long-term relationship of mutual joy and in-loveness. I wanted to make this book very usable, interesting, even fun—the kind of book that is dog-eared, well-used, and water-logged from getting pulled out in the middle of difficulty. There are lots of concrete tools, maps, and exercises for everything I talk about.

Q: Can you give an example of how you practice what you preach?

A: Sure! I'm in a wonderful, thriving relationship of 23 years—and I'm in love! We use all of these tools in an ongoing way to move through conflict and co-create the lives together we really want.

Publishing the *Relationship Ride* is another example of the magic and power of the tools I teach. I had a

picture of how I thought publishing it was supposed to look: I thought I'd get it accepted by some big publisher from New York City, who would deign to publish it. I imagined giving up my power to some "higher authority" who would remold it into whatever they thought would succeed, regardless of my vision. What happened instead felt miraculous, as I was



able to follow the trail of "what wanted to happen." I got to play with my highly talented friends and colleagues with the commitment to living from our own personal geniuses—and to having a great time, no matter what!—which allowed each of us to step in to do what we do best. The result? A book that I feel thrilled about as an example of my most creative self, as well as indicative of the finest

qualities of those amazing people that I view as my family.

Q: Name some couples you'd like to read and use *The Relationship Ride*.

A: Ellen DeGeneres and Portia de Rossi: Because that would be a blast. Also Barack and Michelle Obama. They seemingly have a great relationship, they're powerful people, and their influence is far-reaching. I've certainly thought about sending it to many other couples whose once loving relationship is now publicly blowing up. I really hate watching people's relationships disintegrate. Couples start with such great hope, then, because they don't have the skills, they run aground, hit the rocks.

Q: What would you say to someone who is debating whether to buy your book?

A: I'd say: While intimacy is challenging and sometimes mysteriously difficult, creating fabulous relationships is about learning the skills, not having the luck. There is no more direct route to personal transformation than learning how to steer through the storms of intimacy. The potential for ongoing passion, aliveness, creativity, and joy is available to anyone who is willing to go master the powerful tools of conscious relationship. My book—and my whole professional life—is about how to do that.



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kinesthetic option for our readers by publishing paper books that can be held, felt, written on, and maybe even hugged. Committed "green," we are ever mindful of our carbon footprint.