



A NOTE FROM ME TO YOU

Hi there,

I want to thank you for taking my course.

It takes guts to admit that your relationship needs work. So I want you to pat yourself on the back for being here.

Maybe it was your idea to take the course. Or maybe it was your partner's and you don't even really want to be here.

That's okay. I'm glad you're here anyway.

Ideally, both partners are excited to put in the work to transform their connection.

But, after working with hundreds of couples over two decades, I'm well aware this isn't always the case.

Even if you are taking this course alone because your partner is unwilling to join you, there's good news: You can oftentimes create powerful, positive changes in the relationship by changing the way you show up.

Yes, it's true. Just one partner altering the way they respond to negative relationship patterns can alter the course of events for the better. I see it all the time.

I look forward to helping you identify the patterns around your conflict, as well as sharing proven techniques for how to change the patterns and feel more connected together.

Sincerely,

Amy

Whether you're taking this course alone or with your partner, I give you credit for being brave!

PS - This course is not designed for anyone in an abusive relationship. If you are in an abusive relationship, please ensure your safety and seek individual therapy first.