

Amy Edelstein

# New Book Release Media Kit



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***Love, Marriage & Evolution*** is the highly praised new release by author, educator, and developmental pioneer Amy Edelstein.

In her innovative and powerfully rich approach, Amy illuminates a perspective and path that helps good couples experience the love, intimacy, and purpose that too often remain unrealized in committed relationships.

In 8 Chapters, 166 pages, complete with a full workbook of fun and insightful questions for contemplation and meditations, Amy takes couples (and singles) through a new discovery of what relationships can be.

The issue? Committed relationships are a central organizing structure of culture. But times have changed since traditional roles were first formed. We need new ways to understand what role our marriages serve in culture, and how our relationships can become both growth points and stabilizing pillars in a historical time where so much is in such rapid flux all around us.

In *Love, Marriage & Evolution* Amy asks and provides a context to think about: What is Home? What's a framework that successfully and purposefully defines Expectations? How do you establish stabilizing yet non-restrictive Shared Agreements? Can you Trust in this untrustworthy world? What's Love anyway? What Signs of Success are we looking for? What's the recipe for ever-elusive Balance? Where is the *source* of Fulfillment?

Deeply rooted in a spiritual and evolutionary perspective, Amy sets our intimate coupling in a context as vast as the unfolding of the cosmos. She teaches us how to direct our sights onto a shared mission, so we work together on lofty goals (rather than working on each other), illuminating how shared purpose brings joy, intimacy, vitality, and the good life. Informative and inspirational, this book has the capacity to change your life.

It's fun. It's insightful. And it has long-term results.

*Love, Marriage & Evolution* is not your typical "marriage therapy" or "spiritualizing romance" book. It is a deeply thoughtful, philosophically sound, and profoundly practical view on how to make intimate relationships work.

Download your free copy today: <http://bit.ly/RELeBook>

# Amy Edelstein

## About Author Amy Edelstein

Amy Edelstein began her spiritual pursuit at a young age when, like many, spontaneous glimpses of Oneness moved in and out of her awareness. These occurrences left a mark and memory of a deep well of joy. When Amy grew into young adulthood she avidly pursued her exploration of the nature of consciousness.

She plunged herself first in the study of Judaic philosophy and ethics, then in the structures that create social liberties as a student of political science and educational theory at Cornell University. Still not quite satisfied, like many of her generation in the eighties she pursued the wisdom of an awakened perspective among the great Vedanta and Buddhist teachers of the East. In 1986 she met American teacher Andrew Cohen and immersed herself in the study and practice of evolutionary spirituality for twenty-five years.



Her work engaging with collective inquiry and intensive spiritual practice and exploration was disciplined and pioneering. She designed creative coursework and year-long mentorship and training programs for development. And she continued to study both the classics and contemporary theories of cultural change including Spiral Dynamics, Integral Theory, and other maps of higher human development.

Amy has both hands-on experience as well as theoretical understanding of the dynamics of human transformation. In addition, her tenure as a senior editor for *EnlightenNext*, a leading spiritual magazine of its time, gave her first hand access and insight into the work and lives of some of the today's most inspired mystics and erudite evolutionary philosophers, many relationships she maintains to this day.

Like the spiritual mentors of old, Amy's life is fully dedicated to bringing the sparks of divinity to light in the world and to supporting the inner confidence and stability of others regardless of their individual spiritual paths. To that end, students of all ages, from octogenarians to Millennials have remarked with comments like these,

*"Amy has a uniquely gentle spirit and an amazing ability to clarify very subtle concepts."*

*"What I appreciate about her most is her love of the subject matter and her genuine care to open others to realize their potential."*

*"I've experienced so much more happiness and spark since working with her!"*

To find out for yourself, experience one of Amy's current courses: [www.amyedelstein.com](http://www.amyedelstein.com)

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## ***Love, Marriage & Evolution Reviews & Reader Responses***

"I am reading this book and can't put it down. It gives a whole new perspective on love and marriage. But it is not only for the married or the lovers. It relates to any relationship. The book is really inspiring and takes you step by step through the potential of evolving relationship. It puts the spiritual dimension back in our lives, but it is a spirituality suited for the 21st century."

~Ruth Golan, Psychoanalyst, author of *Loving Psychoanalysis* and *The Consciousness Bearers*

"I am so excited to see Amy Edelstein now has a book out from the work she is leading in the field love, marriage and evolution. Her perspective allows for others like myself to open even more in relationship and thrive. I can say this because her perspective has brought to my 27-year marriage a truly transformative element. My husband is not into the 'spiritual' arena that I am and yet I experience him thriving with me in this new field. Amy has created something new and alive for marriages to consider. I highly recommend this book to everyone in a relationship with anyone."

~Susan Thornett, Hawaii

"There are lots of books with useful information about self-development, including through the experience of marriage. But few connect the situation with the larger concerns of transforming human culture by the evolutionary process of individual growth to enlightenment. Amy Edelstein addresses this explicitly and wisely; her approach is clear and easy to follow. Her perspective has grown out of deep spiritual practice of sacred traditions from both the East and the West. Her approach is not about secular couples psychotherapy but about evolving consciousness to the state of God-realization in the company of one's spouse or life partner. In a time when marriages are falling apart in short time because one or both members of the sacred union choose to bail out rather than undergo necessary personal change, *Love, Marriage & Evolution* throws a life ring to the reader."

~John White, author of *The Meeting of Science & Spirit* and *What Is Enlightenment?*

"Amy Edelstein has written a simple, sane and deeply reassuring guide to one of life's most passionate, fiery and confusing topics: sex, love and marriage. Her tone is warm and personal so that the reading experience feels more like having a conversation with a caring friend than a lecture on how to change or correct one's behavior. Edelstein draws easily and frequently on her own experience and on wisdom that was surely gained from a life grounded in spiritual practice and personal inquiry. One readily senses that this is not a compilation of what the author has read or learned secondhand but is advice and encouragement sourced in personal exploration, including failures, successes and a willingness to dig deeper. I highly recommend this book to anyone interested in romantic relationships and the possibility of integrating spiritual ideals into a well-rounded, fully engaged life."

~Carol Raphael, Communications Consultant

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## ***Love, Marriage & Evolution Table of Contents***

Chapter 1	<i>Expectations</i>
Chapter 2	<i>Love</i>
Chapter 3	<i>Agreements</i>
Chapter 4	<i>Success</i>
Chapter 5	<i>Fulfillment</i>
Chapter 6	<i>Trust</i>
Chapter 7	<i>Home</i>
Chapter 8	<i>Balance</i>



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*The purpose of this book is to open up a context that can support a new posture towards life, one that allows for more meaningful engagement with your partner and with the world around you. This new orientation, this spiritual perspective, provides tools, as well as strength, resilience, and flexibility with which to navigate the challenges of life and the challenges that higher development may require you to face.*

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## *What To Expect*

This book explores eight themes running through relationships: Expectations, Love, Agreements, Success, Fulfillment, Trust, Home, and Balance. In each chapter, you'll learn about the central theme and why that theme is important for both your inner transformation and to strengthen and bring more joy into your marriage. You'll also find specific questions for contemplation. Please do these. You can reflect on your own, or do them with your partner. The more you engage and work these questions, you'll start internalizing a deeper and broader view, and you'll practice the skills and perspective changes so you can call them up when you need them most.

As we go through this process of inquiry, a context or container will start taking shape inside you, a place where you can hold the constantly changing dynamics and everyday particularities of your relationship. My goal is to free marriages of unnecessary stress and friction. I intend to release ease, affection, respect, security, trust, and aspiration, elements that bring—and hold—two people who love each other together.

My approach rests on an evolutionary understanding and a grounding in the mystical dimension of life. My aspiration is to uplift the context of marriage and to inspire and validate the spiritual stirring within. This will simultaneously demystify some of the common issues in relationship. By giving you tools and contemplations so you can make progress, I want to shift relationship work from one of sorting through challenging dynamics to an inquiry together that's wholly positive. Our relationship "work" can be a dynamic exploration of what supports or inhibits our higher development. What is it between two people that creates a foundation of respect, honor, and ongoing creativity? What are the characteristics that lead to the bubbling up of joy and intimacy, trust and fullness, and more and more Love? We don't need to have conflict to evolve, especially in our marriages. But if we do have periods of friction, we want to be confident that we can approach them as a natural unfolding of life that doesn't disturb the core of what we share with our partners. In offering you some of the best tools I've developed through my own decades engaged in sustained and concentrated transformational work. I hope to build a strong cohort of people all around the world who recognize that our relationships with each other are the very stuff of evolution—and have the potential to change the world for the better.

*~from the introduction to Love, Marriage & Evolution*

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## ***Love, Marriage & Evolution Interview Questions***

1. Why do you feel we need a new way to look for fulfillment in our romantic relationships?
2. Couples often feel either suffocated or distant from each other. Do you have a way to work with this painful issue?
3. Is what you teach tantra? Is this a new path about relationships or is this a way to work with your relationship on your current spiritual path?
4. You call this an innovative approach, why?
5. What's made the biggest change for the majority of couples you've worked with?
6. In your book, you speak about the foundations of trust being becoming trustworthy. How does that work?
7. People often feel they have to choose between their own development and their relationships. Do you feel there's a conflict between the two?
8. What inspired you to do this work?
9. You say relationships are the stuff of cultural evolution. Can you explain what that means? How does understanding that make a difference to anyone's marriage?
10. What's your goal with this work?