



# US: Transforming Ourselves and the Relationships that

*Lisa Oz*

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**"The key to real and lasting change lies somewhere between what you know and what you do. It's what you think." —Lisa Oz**

Being social creatures, we yearn for connection but often fall into bad habits that interfere with our ability to have rewarding relationships. We begin to see ourselves as alone, isolated, or at odds with the rest of the universe. How can we learn to live in relationship in a more enlightened way?

In *US: Transforming Ourselves and the Relationships That Matter Most*, Lisa Oz, the bestselling coauthor of the *YOU: The Owner's Manual* series, takes readers on a transformational journey as she explores the three relationships that matter most: with the self, with others, and with the Divine. Interrelated and inseparable, these fundamental relationships determine the quality and the measure of our emotional and spiritual lives.

Drawing from ancient traditions, spiritual and holistic thinkers, and personal insights, Lisa Oz guides you on an engaging, thought-provoking, and ultimately inspirational path toward changing your self, your relationships, and your life. With remarkable candor and humor, Lisa offers personal anecdotes that highlight the truth and consequences of familiar interactions. She also includes imaginative exercises meant to help you gain new insight into old behavior patterns and to encourage you to be an active, empowered agent for positive change in your relationships.

Lisa's writing on topics such as personal well-being, identifying your authentic self, conscious parenting, marital bonding, and truly compassionate living are persuasive because they are suggestive rather than prescriptive. By holding a mirror to her relationships, Lisa hopes to inspire you to reflect on your own, observing that we are all works in progress, living in relationship together.

Informative and transformative, *US* offers an enriched and fulfilling vision of friendship, marriage, family, and spiritual progress. In these pages, the evolution of YOU blossoms into the community of US.

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