



**November 27–29, 2009 Friday–Sunday**

# Solemate: Master the Art of Aloneness and Transform Your Life

## Lauren Mackler

Many people long for an ideal partner, a “soul mate” to make them feel complete. Others settle for unfulfilling relationships out of fear of being alone. This program is about mastering the art of aloneness, but it's not about being alone. With a groundbreaking road map to help you achieve mastery of your own life, you can experience a sense of wholeness and well-being on your own or in a relationship.

Based on Lauren Mackler's *Solemate* book, this weekend is about becoming the person you were born to be and shedding old beliefs and behaviors that limit your ability to realize your greatest potential. Topics include

- Uncovering your conditioned and authentic self
- Managing fear so it doesn't manage you
- Living deliberately versus by default
- Reclaiming your innate wholeness
- Becoming the partner you seek
- Building an inner and outer support system
- Creating and achieving your life vision.

The workshop is designed for women and men who are single or divorced, or seeking greater independence within their partnership.



**Lauren Mackler**, an innovator in activating human potential, is a coach, keynote speaker, workshop facilitator, and popular radio and TV talk show guest. She is the author of *Solemate: Master the Art of Aloneness & Transform Your Life*, coauthor of *Speaking of Success* with Jack Canfield and Stephen Covey, and founder of Lauren Mackler & Associates. [www.laurenmackler.com](http://www.laurenmackler.com).



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