



Calling In "The One": 7 Weeks To Attract The Love Of Your Life

Katherine Woodward Thomas

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Are you frustrated by stymied relationships, missed connections, and the loneliness of the search for someone to spend the rest of your life with? Are you ready, instead, to find "The One"? In **Calling in "The One,"** Katherine Woodward Thomas shares her own personal experience to show women that in order to find the relationship that will last a lifetime, you have to be truly open and ready to create a loving, committed, romantic union. **Calling in "The One"** shows you how.

Based on the Law of Attraction, which is the concept that we can only attract what we're ready to receive, the provocative yet simple seven-week program in Calling in "The One" prepares you to bring forth the love you seek. For each of the 49 days of Thomas's thoughtful and life-affirming plan, there is a daily lesson, a corresponding practice, and instruction for putting that lesson into action in your life. Meditation, visualization, and journaling exercises will gently lead you to recognize the obstacles on your path to love and provide ways to steer around them. At the end of those 49 days, you will be in the ideal emotional state to go out into the world and find "The One."

An inspirational approach that offers a radical new philosophy on relationships, Calling in "The One" is your guide to finding the love you seek.

From the Trade Paperback edition.

Calling In "The One": 7 Weeks To Attract The Love Of Your Life Details

Date : Published (first published February 10th 2004)

ISBN :

Author : Katherine Woodward Thomas

Format : Kindle Edition 352 pages

Genre : Self Help, Relationships, Nonfiction, Spirituality, Love, Psychology

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Nicole says

This book has proven to be very rewarding to me. After several unsuccessful attempts at creating a job that I like I decided why not use this book to call in my Souljob. Although the book is geared toward finding the love of your life it actually helped me uncover many of my mistakes in jobs and new ways to approach finding "The One" job for me. The exercises are easy to make them apply to this kind of quest.

It took me five months to complete the book exercises. All of which have led to me starting a new job in location, position and rewards I've been seeking. You have to be willing to do the work involved to get the results you want. It isn't easy to look at our patterns, but it is so worth it. This book provides a methodical and gentle way of approaching it.

Highly recommend for both searching for a job and love. Both paths bring you to a greater capacity to give and receive love in all you do. Enjoy!

Grace says

Skeptical at first due to the long winded intro and disclaimers about the 'god/spirituality' references but am impressed by not only the practical guidance but the well-organized way the material is presented. Greatly helps examine one's life in a very honest but gentle way. Beautiful and inspiring outlook on becoming a better person and getting the most out of life. Highly recommended as a recharge for anyone depressed or in a funk - regardless of relationship status.

Miranda Kate says

I spent longer than the 7 weeks working through this book, mostly because I like to digest things, but also because I am often too busy to come back to it on a daily basis.

In this book you work through 49 assignments, using a journal of your own. You read the chapter and do the assignment at the end. I really enjoyed working through this book and right up to the end the assignments were just as profound and worthwhile as those at the beginning. There is a lot to learn from this book.

I am not single, I am married, but there are areas of my marriage I wish to improve upon and this book helped me understand and heal issues I had/have surrounding love and being in a relationship. KWT takes you back to your childhood and helps you work through any wounds or problems arising from that time that are influencing your ability to find love and balance in any relationship. This book helps me work on myself and become a more 'whole' person, and be more open to having a loving, balanced relationship.

I would recommend it to anyone wanting to improve their love life.

Andrea says

Even if you don't follow the exercises step by step, this book is a great tool for learning about yourself and identifying some of your past patterns that may have prevented you from finding what you long for - not only in relationships, but the principles discussed are valid for all areas of life. The basic premise is, don't look for the needle in the haystack, but become the magnet it. Before we go out to find love, we need to create space and the right conditions for love; as like attracts like, love can only come about if we first start with loving ourselves. This book is a true treasure, not because if we complete all the exercises we will get what we seek. This book, like anything else, is merely a tool, a key, and we still need to learn how to use it. Once you begin to really understand the issues dealt with in the book and see them in your own life, you will no longer need the exercises. :) ...but they are a great stepping stone to get you started and commit to something long enough to change old ways and patterns that have not served you well in the past.

Mai says

The most provoking ,eye-opening and life-changing book i've ever read so far .this book is like a spiritual awakening for me and like intense therapy sessions that brought to the surface all the emotional issues that i have been struggling with for years without even knowing ,i just become more self-aware of everything ,of who i am ,my needs and my issues
The book will take you on a journey deep into your soul searching for All the blocks and the barriers that you have built against love without even knowing .it is deeply healing and transforming experience for me
As the author said in the beginning of the book ,just reading the book isnt enough ,you have to do the exercises to show how committed you are to find love and the one
If you want to call in the one and attract your soulmate ,
If you want to get healed from all your emotional issues ,
If you just want to just be more aware of yourself and be open to love ,read this book
And of course dont just read it but also do the exercises ,reading the book and doing the exercises was like a journey into my soul ,a one that took me too long to finish but absolutely worth every second spent on it ,i spent many days doing nothing but reading the book ,taking notes ,doing the exercises and it is exhausting yet enjoyable ,transforming and healing experience for me
It's all about you being the most loving person you can be.when you become "love" , you attract love becoz like attracts like .It hit me ,how come we search for love ,wanting love so much without even loving ourselves and others first ,without feeling and experiencing that love! To get love ,you must give love ,it's that simple .
Giving this book five stars wont do it justice ,i want to give it 10 stars if possible,it's one of the most important books i've read in my life ,highly recommend for all women searching for the one whether that one is yourself or your soulmate or both :)

Tiffany says

If The Big Book of AA were to hook up with A Course in Miracles--this book would be their love child.

Want the truth? if you read this entire book and do all of its exercises with sincere effort your life will change. Period.

Actually despite the hand-wavey aspect to the whole "manifesting" phenomenon there is a lot of good

science that suggests this type of program can create permanent and lasting change in ones habits.

The premise of this book is that through stringently honest personal inventory and focused work one can make small shifts in oneself to start attracting suitable love interests. We've all known those gals who say, "I want to meet a man who is available!" yet only date married men, right? This book is for them, and for the people (it's not just for women although the cover is a bit romance-heavy) who are twenty pounds overweight and are dreaming about meeting their soulmates as they chomp through yet another thirty romance novels. Whoops, that's me. The people, in other words who are pretty clueless about the inconsistencies of their stated desires and their actual actions. You can't get through this book without having at least a half dozen epiphanies about how your actions are netting you your current reality.

What I think works is the consistency of a prescribed daily practice--a totally doable daily practice. It's not like the book is suggesting starting off with a daily two hour meditation practice like some spiritual programs do.

These practices went to the heart of things: they alternatively made me scream with frustration or cry with delight. Having spent 22 years in therapy of some sort or other I was astounded how much there was yet to learn about myself. Frankly, I was traveling for four of the seven weeks and I still managed to do it daily, but I know there were days when I accomplished the lessons with less than best effort.

The most successful way to do this book is in a small group to hold each other accountable. We were four in number; that's a nice round number. The result: one woman had moved in with a man (her "true" love) before the end of the program (but to be honest this woman could meet a suitable, available man on Mars); one woman met and dated and broke up with a potential mate; one of us--okay, me--decided I needed to go back into therapy to deal with my daddy issues; and the fourth lost 23 pounds and hooked up with half a dozen guys, but is no where nearer to finding what she's looking for because she stopped doing the work along the way. Life, in all its glory, interceded.

I would do this program again in a heartbeat. It is a book brimming with hard questions front loaded at the beginning to create a clean slate. It is only towards the end that you get to the sweet gooey layer of fun and delicious activities.

Other reviewers took exception to the "religious" overtones of the book. I was a third of the way into the book before I realized the author had been in Christian seminary. I assumed from her lack of reference to "Jesus" that she had been at a Yeshiva. What she did sling shamelessly was the afore-mentioned non-denominational language of The Big Book. Anybody who has done any kind of spiritual shopping, yoga, meditation, or any 12 Step meetings has been exposed to this form of spiritual-lite languaging, which was for the most part pretty innocuous. One reviewer was especially appalled at all the new age (and implied "putative") gurus quoted in it. Carl Jung, Mahatma Gandhi, the Dalai Lama, Nathaniel Hawthorne, Leo Tolstoy, Shakespeare, Socrates, Rilke, Matisse, Helen Keller, Nietzsche, Joseph Campbell and Rumi don't merit that kind of scorn in my book, but hey, different strokes...

As much as I wanted to dislike this book I loved it, and appreciated the psychotherapeutic subterfuge in it. Doing one lesson honestly will net you the price of the book. Doing two? Watch out for change!

An update a year later:

The woman in the group who met her "one true love" told me the other day, as she was driving back from a month long stay at a Mexican cancer treatment center (her one true love turns out to have cancer) that she thinks we should all go on Goodreads and give this book ZERO stars. I asked why....and she said, "Because

nobody got what they wanted out of the program, and I just got a bigger headache." Turns out the guy she ended up with is sick, broke, unemployed, and incapable of having sex; the woman who met a partner last year didn't work out and a year later she's involved with a man who's unavailable; number three moved out of the area and left her job and is no closer to meeting the one than before and me? I'm back in therapy over my daddy issues, my father has died (and actually we're having the best relationship we ever had) and still, not a date in sight.

So, take it for what it's worth: this book may be fun and games, it may have profundities, but unless you are willing to do the work, and keep on doing it, it turns out not to be a life changer so much as a space waster that clogs your book shelf.

Tiffany Bowens says

More a book about finding yourself than finding a man. Wonderful.

Jon-david Mafia Hairdresser says

I got a signed copy by Katherine Woodward Thomas because she did a talk at my church. 9/16/07
I found her to be forthright, open and optimistic about "Being the person you'd like to find."
As a fellow author, I bought her book to support her. And I didn't expect to read the book. I was eternally single. But I picked up this book one rainy evening and the inspirational insights resonated with me--it didn't matter that I was not looking for a mate.
Within a year, I met the man I'll stay with for the rest of my life. It has been such a smooth romance into relationship; I had no idea I was capable of no-drama.
Coincidence? Read the book, beyoches!

Marianne says

I like this workbook because it focuses on 'you' not on trying to snag or capture a guy. Through easy exercises it help you to identify your triggers, work past them, identify what you want out of life in a relationship and provides affirmations to go out and have the courage to seek what your heart desires.

Jen says

I absolutely cannot stand how gimmicky this title is, but this book is excellent. It is helping me peel back the layers and seeing how I am blocking myself from really being able to have love in my life. I am barely through it and I love it already. It is also based on the Law of Attraction, which I am a huge believer of. I will update when I am finished.

Tiffany Anderson says

I took much, much longer (years) to get through this workbook because I was living my life and sorting through many things. It guided me through illnesses, a wedding, unemployment, a career change, my best friend leaving my life, as well as getting very, very close to being with "The One". All of it necessary. This book is not for those unwilling to put in the work. I am happy to say the timing of my completing it is perfect. I'm setting on a new course in life that will keep me aligned with my purpose. I can't ask for more than that.

Jiza says

Only one of the best books I've read about relationships EVER!

Lauri says

This book is changing my life! A friend sent it to me; I'm going through a divorce and am learning why my marriage didn't work: I brought my parents' marriage, expectations, and unfinished business along with me. More than learning how to be in a healthy relationship, I'm healing my past through writing, drawing, reflecting. Clearly the most helpful book I've read in a long time.

Julie Suzanne says

It's been more like 4 months than 7 weeks, and I'm not trying to attract the love of my life but rather heal from a bad experience. A friend of mine and I are doing this program together, and it's a very eye-opening exploration of myself and prompting me to look into why I have attracted such problematic relationships in the past with the intention of working on loving myself enough to attract someone who will do the same, in the way that I want and need. It's about self-love and creating a space to allow for others in my life who will be as respectful of myself as I hope to be. The exercises are enlightening, as they prompt serious introspection. Reading this book has been beneficial whether or not I ever feel ready to consider having another partner. I recommend it.

Tricia Rosetty says

My therapist recommended this book to me after I'd been seeing her for about 6 months, and I trusted her suggestion since we'd had a lot of success in our sessions together. Unfortunately, all this book has done is make me worry about whether I should be trusting my therapist's perspective.

I was hopeful that despite the terrible title, the text would be more sophisticated. Instead, every trite quote you can imagine made an appearance and I think I pulled a muscle with how hard I rolled my eyes in almost every chapter. More seriously, the encouragement of a mindset of "your soulmate is on his/her way" is extremely dangerous in my mind, and part of the reason I harbor a lot of resentment toward Christian courting culture.

The author has a serious lack of logic in what she professes as clear truth, turning instead to a mixed bag of self-help gurus, religious leaders and texts, energy healers, personal experience and feelings, universalism

(think "The Secret"), and out-of-context author quotes to make her points. (It's a personal pet peeve of mine when people ask you to suspend agnosticism to try on their perspective, which relies entirely upon accepting and surrendering to a higher power.)

This book might provide the kind of self-awareness and reflection many people can't find on their own (through exercises that ultimately just repeat themselves), but I have a very difficult time putting much stock in it at all. For me, it bordered on intellectually offensive and spiritually immature. Save yourself some time and instead just practice deep breathing / meditation and see a well-trained psychotherapist.
