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CALLING IN “THE ONE”: **7 WEEKS TO ATTRACT** **THE LOVE OF YOUR LIFE**

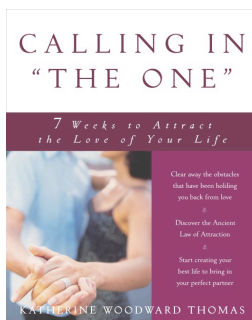
By Katherine Woodward Thomas

“Katherine Woodward Thomas has discovered a portal to love and beckons us all to follow her lead. *Calling in ‘The One’* is a wonderful book for all those seeking to bring a deep and magical love into their lives.”

—Marianne Williamson, author of *A Return to Love and Enchanted Love*

“For all those prepared to call a great love into their lives, this wise and caring guide is ‘The One’ to read. Katherine’s heartfelt understanding of the terrain of romantic love in the twenty-first century is both unique and inspiring, helping us all to move to the next level in our ability to give and receive love.”

—Debbie Ford, author of *The Right Questions and Spiritual Divorce*



LOS ANGELES TIME’S BESTSELLER,

CALLING IN “THE ONE”: 7 WEEKS TO ATTRACT THE
LOVE OF YOUR LIFE (Three Rivers Press, February 2004,

\$15.95) is a ground breaking, no-nonsense seven-week plan designed to empower people to “attract in” the love they seek. Based upon

Author, Katherine Woodward Thomas’ own personal experience, **Calling in “The One”** takes readers through a step-by-step process she’s shared with hundreds of women in her highly-acclaimed workshops. Thomas says, “**The best way to *find the right person is by being the right person.***” She helps singles create their best life as a prerequisite to calling in “The One”.

Although a licensed psychotherapist, Thomas wrote the book because, she says, “**I did it. I wanted to show others how they could, too.**” At the age of 41, Katherine was a member of one of the fastest growing groups in America, the “never-marrieds”. When she declared to a friend that she would be engaged by her birthday, a mere eight months away, she had no prospects for the ideal mate. Yet, six months later, she was engaged to the love of her life after having logged onto an Internet Dating site for her first (and only) time. She chose one anonymous man to respond to out of the more than a quarter of a million people showcased on the site—only to find that he was a man she’d dated six years earlier and had not seen since, although she’d thought about him for years, having considered him to be the “one that got away”.

Based on the “Law of Attraction”, Thomas’ strategy is simple: **“You can only attract what you’re ready to receive. It’s imperative that you go within yourself to discover and release the blocks to love before running out to try to find it.”** For each of the 49 days of the course her book details, readers get a daily reading, activity and journaling exercise. These help identify their obstacles to love and the changes needed in order to attract in the perfect partner.

From start to finish **Calling in “The One”** offers readers different ways to:

- ❖ **Prepare for love by honoring our need for others**
- ❖ **Let go of the past and renegotiate old agreements**
- ❖ **Relinquish unconscious patterns and heal old wounds**
- ❖ **Set your course through vision, prayer, and meditation**
- ❖ **Make commitments and develop emotional literacy**
- ❖ **Learn to listen with an open heart and speak up**
- ❖ **Live a fulfilled life by giving thanks, forgiving, and holding the high watch**

Thomas gives this advice: **Start with yourself.** Before running out to find love, look within yourself to discover the barriers you have built against it. **Complete your past.** Identify and release the old hurts that have been wreaking havoc with your love life. **Give up being a victim of your single status.** Realize how you yourself are creating the life you have through the choices you make. **Visualize love fulfilled.** Use your imagination to create a feeling of what it is to have what you want in life, and **Be true to your dreams.** Take actions consistent with your vision fulfilled and abstain from those that aren’t.

Combining the successful format of *The Artist’s Way* with a potent new philosophy of self-nurturing and tossing the baggage, **Calling in “The One”** is a unique guide and a powerful tool for every woman searching for her soul mate.

ABOUT THE AUTHOR

KATHERINE WOODWARD THOMAS, M.A., M.F.T., has appeared on *Today* and *Good Day L.A.* and is a licensed psychotherapist who has been creating and facilitating seminars for more than a decade. She lives in Los Angeles with her husband and daughter.

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7 WEEKS TO ATTRACT THE LOVE OF YOUR LIFE
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February 2004
Three Rivers Press
ISBN 1-4000-4929-6
\$15.95 PB