

Life and Relationship Coach Linda Anders to be Featured on CUTV News Radio

CARY, NORTH CAROLINA, USA, February 13, 2015 /EINPresswire.com/ -- It is possible to create a dynamic relationship and experience the full impact of healthy love, but it does require a commitment to partner, share similar values, self awareness, open, honest communication and, of course, intimacy.

Linda Anders is the founder of www.keepingitwarm.com, a life and [relationship coaching](#) practice. She helps her clients discern what is missing for them personally, and what they need, want and desire so they can feel empowered, listen to learn and communicate more effectively and interact authentically.

“Relationship coaching is not just about the relationships we have with our partners, family or friends, but also the relationship we have with ourselves,” says Linda. “It’s about you and how you can manifest what you desire for yourself so you can be fully ‘present’ with others and deeply self aware of how you interact. It requires us to set the intention for what we want to manifest, a positive attitude, faith, hope and determination.”



Whether you are single and looking for love, currently in a relationship, married, separated or divorced, co-creating fulfilling relationships is about becoming more conscious of what you value and why, understanding what you need, then filling up your own “tank” so you can be available to love and be loved. A significant relationship is a dance in partnership that involves compromise, new agreements and healthy boundaries.

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“Our thoughts control the energy flow within and around us.” says Linda. “It’s always been my intention to marry these two distinct coaching models together with many other programs I have completed and continue to stay involved with for the sake of serving my clients to the best of my ability. As a coach I have to walk the talk and do my own personal work in order to stay clear and balanced in my own life and relationships.”

For women who are in the process of ending a significant relationship, Linda also assists her clients with what she learned from “[Conscious Uncoupling](#) practices,” developed by Katherine Woodward Thomas, M.A., M.F.T. The phrase earned quite a bit of attention recently when actress Gwyneth Paltrow split from her long-time husband Chris Martin of

Coldplay, but the philosophy behind it can go a long way toward ensuring your next relationship is even better and more fulfilling.

“Conscious uncoupling is about becoming fully aware of the role you play in your experience with your partner as you separate, and possibly consider divorce. It requires deep honesty and self awareness, and promotes healing and closure for a couple. It can also assist a couple that decides to re-define their relationship.

“So many women and men go through divorce completely devastated and they don’t understand how to love themselves again,” says Linda. “Ultimately, every significant relationship takes effort, listening to learn, truth, partnering, forgiveness and amends. Happiness is a choice. You can live in anger and resentment or joy and ambition. Forgiveness does not mean we forget if we were mistreated. It means facing the truth, making amends to ourselves or others, and letting go of what did not work. It is a practice that honors our deep heart and takes great care of our inner child.”

CUTV News Radio will feature Linda Anders in an interview with Doug Llewelyn on February 16th at 12pm EST.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio>. If you have a question for our guest, call (347) 996-3389.

For more information on Linda Anders, visit <http://www.keepingitwarm.com>

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