



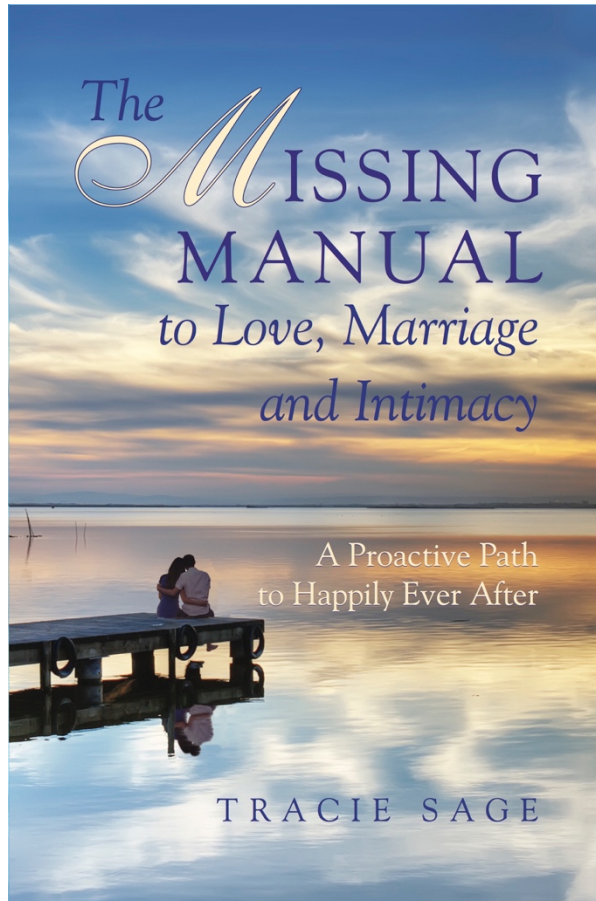
*Love & Relationship Coach*



Tracie Sage is a love catalyst and relationship coach with a background in movement therapy, yoga and counseling. She has helped hundreds of individuals and couples to radically improve their most intimate relationships through her private coaching, retreats and seminars. As a speaker and coach with finely honed intuitive skills and the clarity to spot unconscious destructive patterns, Tracie's dynamic facilitation has moved people around the globe to create deeply nourishing love and intimacy. Her mission is to touch enough relationships to inspire a

cultural shift so that our children grow up surrounded and embraced by healthy, loving relationship role models and, in turn, know how to create healthy, happy relationships of their own.

## ***The Missing Manual to Love, Marriage and Intimacy: A Proactive Path to Happily Ever After***



This practical and playful manual gives you the keys to lasting love and harmony that weren't taught in school. If you're ready for more love, connection and intimacy, whether you're single or in a committed relationship, this book is for you.

[The Missing Manual to Love, Marriage and Intimacy](#), written by Love Catalyst and Relationship Coach, Tracie Sage, is the result of over two decades of guiding men, women and couples in making transformational shifts that cultivate awareness and result in deeply nourishing, loving connection. Through case studies, spirited discussion, thoughtful questions and easily actionable tools and practices, Tracie Sage guides you to:

- Uncover** the four keys that open the gates to love
- Examine** the most common destructive habits in relationships and learn constructive ways to turn them around
- Discover** a radical approach to resolve conflicts, restore closeness and co-create solutions without compromising or manipulating
- Create** a safe haven for navigating your issues and challenges
- Learn** easy, effective strategies that work for men and women
- Enhance** your capacity for love – starting with self love & nourishment
- Savor** sweet and tasty morsels to enhance sexual intimacy
- Choose** love and embark on your proactive path to the deeply nourishing love and intimacy you are meant to share.

**ISBN: 9780998491608 Family and Relationships**

## My story



I remember the moment at the age of two when I knew that "Love was the answer" and "finding the way" was my calling. My fascination with relationships and informal studies began there. My grandmother told me I began sharing my "love wisdom" with her when I was five. My formal studies include a background in psychology and counseling, yoga and movement therapy, relationship seminars and coach trainings.

Yet the greatest contributions to my journey as a Love Catalyst & Relationship Coach have come from the school of life, through personal experience and exploration, including the gems gleaned from devoted personal practice and over twenty years of teaching and coaching.

*"Everything I teach is what I live".*

This is not to say that I do it all so perfectly. It is only to say that these are my living practices and they are relationship-tested so I know they really work. I learn from my successes as well as my mistakes. Mistakes keep me humble & aware while offering me opportunities to discover, grow and re-commitment. The passionate thread in all that I do is listening deeply and connecting intimately with myself and life's moments to tap into my essential knowing and fullest expression. I feel blessed to be able to share this adventure with you!

In love and gratitude, Tracie

Email: [lovecatalyst@yahoo.com](mailto:lovecatalyst@yahoo.com)

Twitter@[lovecatalyst\\_](https://twitter.com/lovecatalyst_)

Facebook@[lovecatalystcoaching/](https://facebook.com/lovecatalystcoaching/)

## Invite Tracie Sage as a speaker and love catalyst to your next event



Tracie Sage, international love catalyst & relationship coach, is the author of [\*The Missing Manual to Love, Marriage and Intimacy\*](#), just release in February, 2017. Tracie has helped hundreds of individuals and couples to radically improve their most intimate relationships. As a speaker and coach with finely honed intuitive skills and the clarity to spot unconscious destructive patterns, Tracie's

dynamic coaching has moved people around the globe to create deeply nourishing love and intimacy.

*"Tracie Sage has a very magnetic personality. Sometimes you just know you want to be around someone! They say, "love at first sight!" For me it was "Coach at first sight!" ~ Vanessa, Cincinnati, OH*

### BOOK TRACIE NOW

Email: [lovecatalyst@yahoo.com](mailto:lovecatalyst@yahoo.com)

Twitter@[lovecatalyst\\_](#)

Facebook@[lovecatalystcoaching/](#)



FOR IMMEDIATE RELEASE

CONTACT: Tracie Sage | (541)-479-5128

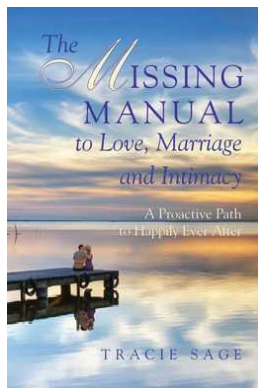
Email: [thesagegarden@yahoo.com](mailto:thesagegarden@yahoo.com)

WEB: <http://traciesage.com>

## LOVE TRANSFORMATION AND DISCOVERY SUPPORT BOOK RELEASE

**Portland, Oregon March 3, 2017:** Transform your relationship at the *Journey into Love Yoga Retreat* held in Tuscany, Italy. Hosted by author, relationship coach and yoga instructor Tracie Sage, this week of discovery will be held in one of the most romantic places in the world on July 8<sup>th</sup>-15<sup>th</sup>, 2017.

Author, Relationship Coach and Yoga Instructor, Tracie Sage, just announced release of her new book [\*The Missing Manual to Love, Marriage and Intimacy\*](#). Arriving in bookstores on March 3, 2017 Sage's new book is the result of over two decades of guiding, men, woman and couples in making transformational shifts that cultivate awareness and result in joyful, passionate love and aliveness. The book and retreat focus on understanding existing relationships, creating a foundation for closeness, conflict resolution and other tools that couples can learn to enhance their existing relationships.



*The Missing Manual to Love, Marriage and Intimacy* is a go to manual for anyone looking for more love, connection and intimacy. It is available in paperback on Amazon and Barnes & Noble and as an eBook with Kindle, iTunes, Nook and other digital resellers.

"Just reading the wisdom within these pages has already changed the way I approach all of my relationships. Tracie's golden guidance is spot on if you're attempting to repair or enhance your intimacy."

**--Suzanne Mathis McQueen, author of 4 Seasons in 4 Weeks**

**BIO:** Tracie Sage is a love catalyst and relationship coach with a background in movement therapy, yoga and counseling. She has helped hundreds of individuals and couples to radically improve their most intimate relationships through her private coaching, retreats and seminars. As a speaker and coach with finely honed intuitive skills and the clarity to spot unconscious destructive patterns, Tracie's dynamic facilitation has moved people around the globe to create deeply nourishing love and intimacy. Her mission is to touch enough relationships to inspire a cultural shift so that our children grow up surrounded and embraced by healthy, loving relationship role models and, in turn, know how to create healthy, happy relationships of their own.

###

# Journey into Love Tuscany, Italy July 8th - 15th, 2017

A love adventure and yoga retreat with Tracie Sage



Re-ignite your passion at one of the most beautiful, magnificent and romantic places on earth!

- Expand your love, joy and aliveness with Tracie Sage yoga and love wisdom!
- Play, laugh, explore, discover and share this adventure with an extraordinary group of conscious, courageous and fun movers and shakers!
- Get the true, authentic, untouched by tourism experience of Tuscany, Italy!
- This is a journey that will change you forever, a journey that you will never forget!

Gather in the evening to enjoy delicious food, amazing connections, stories, laughter, live music, inspiration and sharing from our hearts together.

Includes 7 nights' accommodations in our lovely Tuscan villa, three delicious Italian meals per day, your return shuttle from Sienna or Florence, daily yoga and the Path to Love and Aliveness training everything you need for an experience of a lifetime.

More information can be found on the [Tracie Sage Website](#)

Email: [lovecatalyst@yahoo.com](mailto:lovecatalyst@yahoo.com)

Twitter@lovecatalyst\_

Facebook@lovecatalystcoaching/

## Media Room:

Television Interview: March 2017

[Path to Love & Aliveness](#) / Love, Marriage & Intimacy by Nancy Bloom

KAJO Radio interview / February 2017