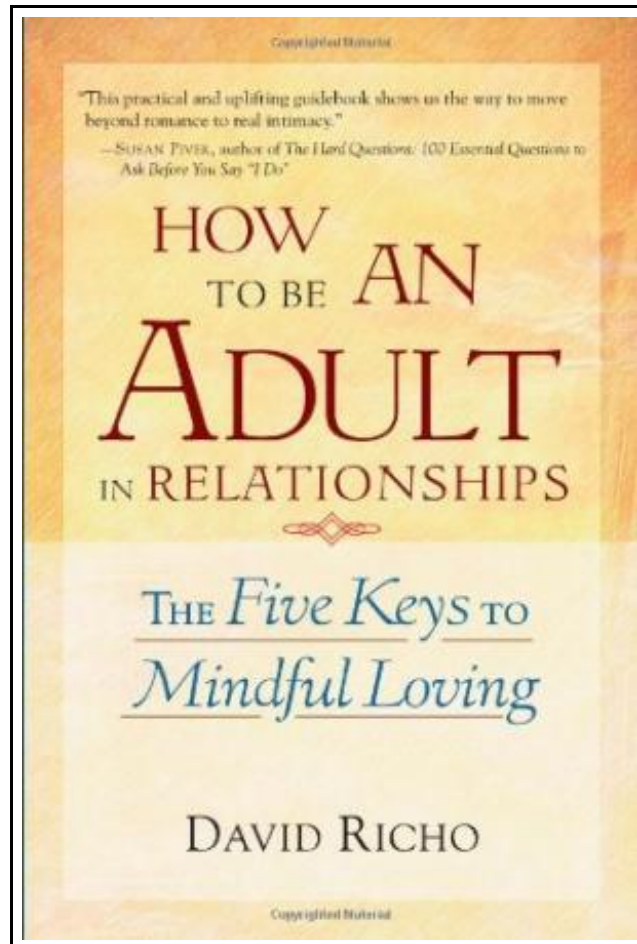


How to Be an Adult in Relationships The Five Keys to Mindful Loving



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Reviews

It is one of my personal favorite books. This is certainly for anyone who states there has not been a worth studying. I found out this ebook from my mom and dad advised this pdf to learn.
(Delphine Lebsack)

HOW TO BE AN ADULT IN RELATIONSHIPS THE FIVE KEYS TO MINDFUL LOVING



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Shambhala. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 8.9in. x 5.9in. x 0.8in. Most people think of love as a feeling, says David Richo, but love is not so much a feeling as a way of being present. In this book, Richo offers a fresh perspective on love and relationshipsone that focuses not on finding an ideal mate, but on becoming a more loving and realistic person. Drawing on the Buddhist concept of mindfulness, *How to Be an Adult in Relationships* explores five hallmarks of mindful loving and how they play a key role in our relationships throughout life: 1. Attention to the present moment; observing, listening, and noticing all the feelings at play in our relationships. 2. Acceptance of ourselves and others just as we are. 3. Appreciation of all our gifts, our limits, our longings, and our poignant human predicament. 4. Affection shown through holding and touching in respectful ways. 5. Allowing life and love to be just as they are, with all their ecstasy and ache, without trying to take control. When deeply understood and applied, these five simple conceptswhat Richo calls the five Asform the basis of mature love. They help us to move away from judgment, fear, and blame to a position of openness, compassion, and realism about life and relationships. By giving and receiving these five As, relationships become deeper and more meaningful, and they become a ground for personal transformation. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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