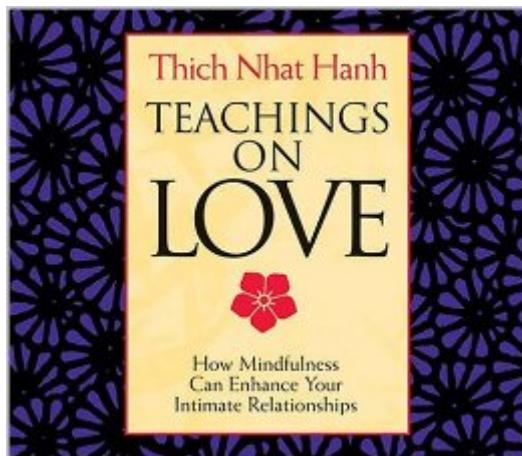


The book was found

Teachings On Love



Synopsis

Relationships are always complex and challenging, but never more so than in today's hectic, stressful world. Weaving together traditional stories, personal experiences, and a deep understanding of the Buddha's way of mindful living, Thich Nhat Hanh's Teachings on Love provides step-by-step practices that foster understanding and intimacy in any relationship and extend our love even to those who cause us pain. This book, written in the author's trademark clear, encouraging style, contains essential guidance for couples, families, co-workers, or friends who wish to nourish the gift and strength of their relationships and deal creatively with weaknesses and difficulties. Teachings on Love provides a time-tested path that anyone can follow to nurture the deepest love in themselves and others. Nhat Hanh has written an illuminating new introductory chapter for this second edition.

Book Information

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Customer Reviews

Once more our beloved Zen master and amazing poet does it again in yet another spiritual masterpiece, guiding us all towards a more meaningful and joyful life. I actually may very well believe that this particular text is the very finest you will ever read on this much debated topic: Love. In Buddhism there is a teaching known as The Four Immeasurable Minds. They are love, compassion, joy, and equanimity. The root and source of love is in all human beings, and it is our responsibility to realize this and cultivate love as the way of our very lives. He starts with beneficial practices here on just how to do that seemingly arduous task; how to listen to others with patience,

how to accept and love yourself, and ultimately how in a sense "rewrite your karma." Thich covers issues like anger and jealousy, which of course cause ourselves and countless others innumerable amounts of stress and trouble. As with some of his other works where he advises we create, for instance, our own sutra -Thich likewise develops 4 original mantras in a chapter here intended to develop a loving relationship with all that is through a program of awareness, respect for ourselves and others, nurturing, and perhaps most importantly communication. It's with practice suggestions and the like which Thay provides here that make this work a landmark in his teaching career. Just when you think you've reaped all which Thich Nhat Hanh has to offer you, a book like this comes along to refresh your expert mind back to a baby. After all, a baby's mind is open to most anything, it has nothing to do but learn. And so is our practice. Learning, cultivation, hardship. To sum up, practice is our life.

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