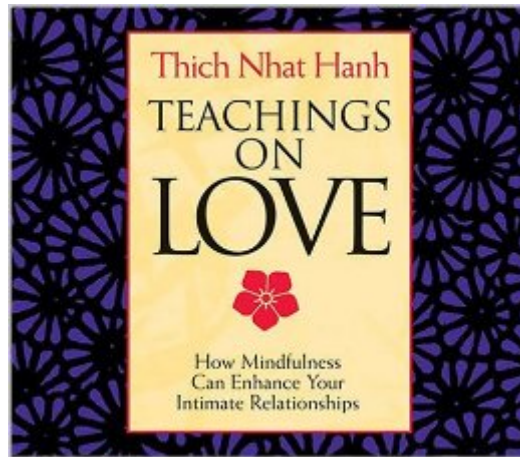


The book was found

# 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

Audio CD

Publisher: Sounds True, Incorporated; Unabridged edition (November 1, 2004)

Language: English

ISBN-10: 1564559211

ISBN-13: 978-1564559210

Product Dimensions: 5 x 5.7 x 0.5 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (51 customer reviews)

Best Sellers Rank: #954,480 in Books (See Top 100 in Books) #92 in [Books > Books on CD > Parenting & Families > Interpersonal Relations](#) #270 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #299 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#)

## 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.

[Download to continue reading...](#)

A Faith for the Future: Church's Teachings for a Changing World: Volume 3 (Church Teachings for Changing the World) The Buddha's Teachings on Social and Communal Harmony: An Anthology of Discourses from the Pali Canon (Teachings of the Buddha) Aloha: Love, Suite Love/Fixed by Love/Game of Love/It All Adds Up to Love (Inspirational Romance Collection) Love's Unending Legacy/Love's Unfolding Dream/Love Takes Wing/Love Finds a Home (Love Comes Softly Series 5-8) The Love Teachings of Kama Sutra: With Extracts from Koka Shastra, Ananga Ranga and Other Famous Indian Works on Love Love & Hip Hop: Unsung All Exclusive Access: New York Atlanta Hollywood Unauthorized Version (Love & Hip Hop, Vh1 Love & Hip Hop WEDDING, Love & Hip Hop ... Season 1 2 3 4 5 6 DVD Prime Instant Video) Happiness, Love, and Liberation: Insights and Teachings from Buddhist Psychology Awakening Love: Teachings and Practices to Cultivate a Limitless Heart Teachings on Love #Love #Coloring Book: #Love is Coloring Book #1 in the Adult Coloring Book Series Celebrating Love and Friendship (Coloring Books, Coloring Pencils) ... Series of Adult Coloring Books) (Volume 1) Love by the Numbers: How to Find Great Love or Reignite the Love You Have Through the Power of Numerology Love, Love, Love (Modern Classics) Love Me Until I Love Myself: Sage and Delilah's Love Story Secret Teachings of a Comic Book Master: The Art of Alfredo Alcala Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants The Lost Teachings of Yoga: How to Find Happiness, Peace, and Freedom Through Time-Tested Wisdom The Bible: 16 Symbolic Teachings Every Christian Needs to Study on Life with the Holy Book and Jesus Christ Food for the Heart: The Collected Teachings of Ajahn Chah Practicing the Power of Now: Teachings, Meditations, and Exercises from the Power of Now Beyond Fear: A Toltec Guide to Freedom and Joy, The Teachings of Don Miguel Ruiz

