

Teachings on Love

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✓ Verified Book of Teachings on Love

Summary:

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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.

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