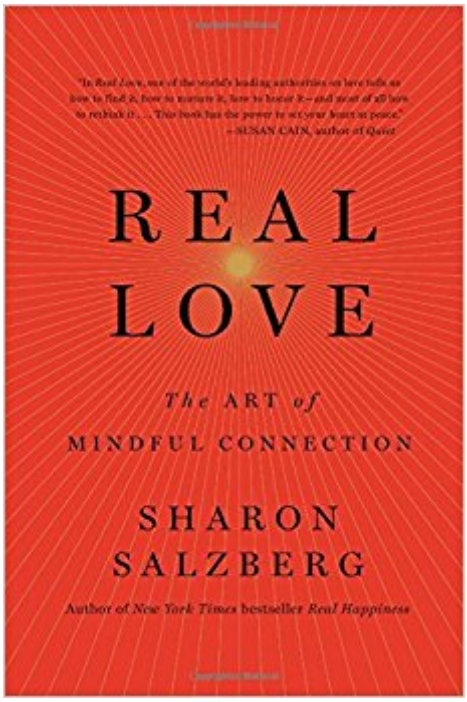
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Real Love: The Art Of Mindful Connection



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Synopsis

You are a person worthy of love. You donÃ¢â ¬â„¢t have to do anything to deserve all the love in the world.Real Love is a creative tool kit of mindfulness exercises and meditation techniques that help you to truly engage with your present experience and create deeper love relationships with yourself, your partner, friends and family, and with life itself.Sharon Salzberg, a leading expert in Lovingkindness meditation, encourages us to strip away layers of negative habits and obstacles, helping us to experience authentic love based on direct experience, rather than preconceptions. Across three sections, Sharon explains how to dispel cultural and emotional habits, and direct focused care and attention to recapture the essence of what it is to love and be loved.With positive reflections and practices, Sharon teaches us how to shift the responsibilities of the love that we give and receive to rekindle the powerful healing force of true connection. By challenging myths perpetuated by popular culture, we can undo the limited definitions that reduce love to simply romance or passion, and give the heart a much needed tune-up to connect ourselves to the truest experience of love in our daily lives.

Book Information

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Customer Reviews

"If I had to describe Sharon SalzbergÃ¢â ¬â„¢s work in only two words, they might be: 'only connect.' If there were only one word, that would be even easier: 'love.' In Real Love, one of the worldÃ¢â ¬â„¢s leading authorities on love tells us how to find it, how to nurture it, how to honor itÃ¢â ¬â ¢and most of all how to rethink it. Salzberg shows us how to experience love not as an

emotion, not as the byproduct of a particular romantic or familial relationship, but as an ability, that all of us can cultivate. This book has the power to set your heart at peace.Ã¢â ¬Â• Ã¢â ¬â ¢Susan Cain, author of Quiet"Sharon Salzberg is an amazing teacher, and her words and inspiration in Real Love illuminate the way to love wisely, a treasure for your heart." Ã¢â ¬â ¢Jack Kornfield, author of A Path With Heart"This expert's guidebook cuts deftly through layers of modern confusion to the core of what it means to love and be loved. Salzberg has penned a treasure-house of practical tools and rituals mined from her own tenure mending wounded hearts in the trenches of human relationships. This book offers up frank practical stories and wisdom about love, communication, and relationships indispensable to all." Ã¢â ¬â ¢Amanda Palmer"Writing with compassion and keen insight Real Love opens the heart, helping everyone understand love as revolutionary spiritual practice." Ã¢â ¬â ¢bell hooks"In a most lively and inspiring way Sharon Salzberg shows that unconditional loveÃ¢â ¬â ¢for ourselves, for our dear ones, for all sentient beingsÃ¢â ¬â ¢is naturally present within our hearts. Even when love from others and to others seems out of reach, what we really need to do is to let it come to the surface and express itself inexhaustibly. Real Love is a precious guide to experience the most supreme of all emotions." Ã¢â ¬â ¢Matthieu Ricard, author of Altruism: The Power of Compassion to Change Yourself and the World"In Real Love, Sharon Salzberg combines the brilliance of her understanding, the depth of her compassion, and the incisive friendliness of her writing skills to create a book that illuminates the many subtleties and nuances of love. Real love is not an abstraction, and Sharon brings it to life in ways that can uplift us all." Ã¢â ¬â ¢Joseph Goldstein, author of Mindfulness: A Practical Guide to Awakening

SHARON SALZBERG is a central figure in the field of meditation and a world-renowned teacher and author. She is the cofounder of the Insight Meditation Society in Barre, Massachusetts, and the author of several books including the New York Times bestseller Real Happiness. Acclaimed for her down-to-earth teaching style, Sharon offers a secular, modern approach to Buddhist teachings, making them instantly accessible.

With a voice like a wise, compassionate aunt we all wish we had, Salzberg conveys principles of lovingkindness, mindfulness and connection through stories and simple exercises. A centerpiece of the book is the RAIN protocol to handle negative emotions: RECOGNIZE it, ACKNOWLEDGE it, INVESTIGATE it with a sense of openness and curiosity, and NON-IDENTIFY with it -- it's not you! This is not just one of the foundations of Buddhist psychology, but also of Cognitive Behavioral Therapy -- excellent life advice that totally works.The exercises are not just effective but also easy to

implement, e.g. for practicing lovingkindness, forgiveness, and handling anger. I felt their effects immediately and intend to incorporate some into my daily routine, like the one about extending love to neutral passersby.And then there are the final five pages in which she summarizes the whole book. This was the most concentrated wallop of wisdom to hit my face in a long time. If you feel like you could use more love in your life, here's the recipe book.-- Ali Binazir, M.D., M.Phil., Happiness Engineer & author ofÃ Â The Tao of Dating: The Smart Woman's Guide to Being Absolutely Irresistible, the highest-rated dating book on for 4 years

I bought the book on and I love it. It is filled with a lot of insight and wisdom, but the information is very accessible. I was able to attend a retreat based on the book in July in Seattle which was a great adjunct to the book.

As always Sharon just makes so much sense. Her writing is clear, practical and loving. I appreciate all the practice ideas and the lack of sentimentality. Many wonderful teachers have crossed my path in this life and Sharon is one of them.

I love the audible version of this book!

I'm only 45 pages into it but I love this book already. It's very helpful.

Beautifully written, extremely inspiring, and very eye-opening! Recommending it to all of my friends looking to deepen their relationships with themselves and others.

Life changing book!

Sharon is always my go to teacher for loving-kindness practices and this book absolutely delivers practical advice with beautiful depth. I love the many stories she shares along with practices to follow. So grateful for the wisdom she shares...

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