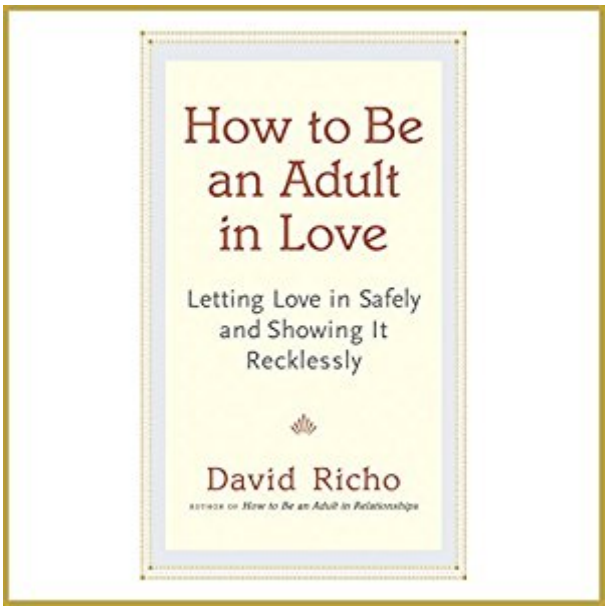
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How To Be An Adult In Love: Letting Love In Safely And Showing It Recklessly



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Synopsis

"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 audiobook, Richo offers a fresh perspective on love and relationships - one 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: Attention to the present moment; observing, listening, and noticing all the feelings at play in our relationships. Acceptance of ourselves and others just as we are. Appreciation of all our gifts, our limits, our longings, and our poignant human predicament. Affection shown through holding and touching in respectful ways. 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 concepts - what Richo calls the five A's - form 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 A's, relationships become deeper and more meaningful, and they become a ground for personal transformation.

Book Information

Audible Audio Edition
Listening Length: 11 hoursÃ Â andÃ Â 38 minutes
Program Type: Audiobook
Version: Unabridged
Publisher: Audible Studios
Audible.com Release Date: December 9, 2014
Language: English
ASIN: B00QL3HF9Y
Best Sellers Rank: #59 inÃ Â Books > Health, Fitness & Dieting > Mental Health > Codependency #116 inÃ Â Books > Audible Audiobooks > Nonfiction > Philosophy #280 inÃ Â Books > Audible Audiobooks > Health, Mind & Body > Family & Relationships

Customer Reviews

I highly recommend this one. It's really practical. I bought this book several years ago and still go back and re-read it occasionally. It helped me "grow up" in places I didn't realize I needed growing. I liked it so much I bought it for my daughter, who also uses it. This one isn't going to sit on your shelf gathering dust. Use it and you WILL improve your relationships.

I have read many of David Richo's books over the years and while I have really liked them, I have to admit that sometimes the content has been a bit challenging. With this latest book, he has written a very clear and concise manual for showing and receiving love. You want to know the meaning of life? How about Love! We are here to bring more love into this world! If you are on a spiritual quest or seeking a healthy way to be in this world, this is a book worth read and re-reading and incorporating into your life.I am really enjoying this book and recommend it for anyone willing to let love in and are interested in finding peace and fulfillment! I think this would be a great book for a discussion group!

This book is by far one of my favorite books on relationship. I have read it over and over again and always suggest it to my life coaching and hypnotherapy clients, because this Buddhist take on relationship puts aside our old paradigm of loving from selfishness, and looks at love through a new lensÃƒÂ¢Ã â ¬Ã â •the self. You can't get any deeper, when you try to love yourself as much as you love your partner. Congrat, Mr. Richo.

You CANNOT beat David Richo for peace of mind. His writings have improved my quality of life more than any other author. Wise, wise, wise...

This is an amazing tool. I read his first one and decided to get this one. It is even better. Ever wondered why you do or feel something? Ever wonder how to get control of knee jerk reactions? Ever wonder how to love and be loved? This is the tome for you. It is an easy read and full of helpful things to ask yourself and do.Get it today!

I bought this paper book as a supplement to the audio book I also purchased. The audio book is good, but there are lots of charts and lists that are difficult to follow when read aloud. A physical copy of the book is a must-have.For anyone who believes in mindfulness-based practices (which have a growing evidence base in mental health and healthcare) this is THE relationship book for you. It is an excellent resource.

read it, full of wonderful examples to suit everyone's neurotic needs tired of struggling to fix what's wrong with the other person and wrong with yourself.. purchased a copy for a friend, her complaint-it was a used copy from an reseller! see she really needed this book....if you can get the horse to

drink the water this book will greatly satisfy.

The title communicates in a nutshell how David Richo manages to hold the beauty and power of the aspiration while working to help one to be love in the personal, the family, and in the world.

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