

HOW TO LOVE (MINDFULNESS ESSENTIALS, #3) by Thich Nhat Hanh book PDF Download

How to Love (Mindfulness Essentials, #3) The third title in Parallaxâ€™s Mindfulness Essentials Series of how-to titles by Zen Master Thich Nhat Hanh, How to Love introduces beginners and reminds seasoned practitioners of the essentials of mindfulness practice. This time Nhat Hanh brings his signature clarity, compassion, and humor to the thorny question of how to love and distills one of our strongest emotions down to four essentials: you can only love another when you feel true love for yourself; love is understanding; understanding brings compassion; and deep listening and loving speech are key ways of showing our love. Featuring original illustrations by Jason DeAntonis, How to Love shows that when we feel closer to our loved ones, we are also more connected to the world as a whole. With sections on Love vs. Need, Being in Love, Reverence, Intimacy, Children and Family, Reconciling with Parents, and more, How to Love includes meditations readers can do alone or with a partner to expand their capacity to love. This comprehensive guide to understanding the many different kinds of love also includes meditative practices that expand the understanding of and capacity for love, appropriate for those practicing in any spiritual tradition, whether seasoned practitioners or new to meditation. ...more [How to Love \(Mindfulness Essentials, #3\) PDF ebook](#)

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