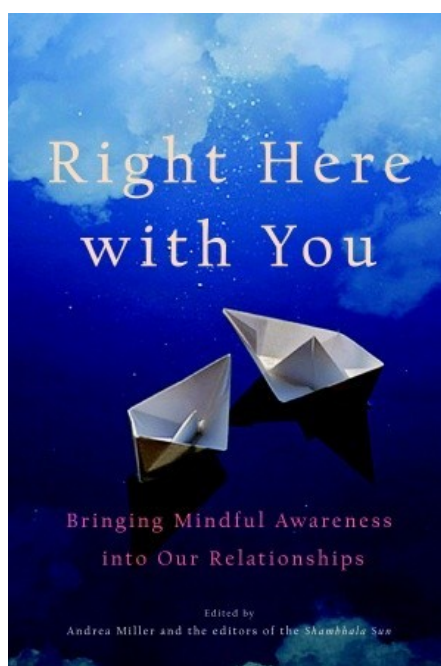




Right Here with You: Bringing Mindful Awareness into Our Relationships

Andrea Miller (Editor) , David Richo , John Welwood , Tara Brach , Elizabeth Gilbert , Thich Nhat Hanh , Moh Hardin , Diana Winston , more... Dzogchen Ponlop , Judith Simmer-Brown , Norman Fischer , Barry Magid , Karen Maezen Miller , Erik Hansen , Harold Kushner , Jane Hamilton , Ezra Bayda , Ellen Graf , Arthur Jeon , Laura Munson , Brenda Shoshanna , Polly Young-Eisendrath , Geri Larkin , James Kullander , Susan Piver , Gabriel Cohen , Karen Kissel Wegela , Jennifer Lauck , Richard Borofsky , Joseph Goldstein , Dalai Lama XIV , Marc Ian Barasch ...less

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In recent years scientists have discovered that mindfulness can reduce stress, improve mood, and enhance our sense of well-being. In this book, readers learn how mindfulness can be brought to bear in our relationships to increase intimacy, strengthen communication, and help us to find greater fulfillment.

Topics in this collection include how to open your heart and develop lovingkindness for yourself and others, how to improve communication through mindful speech and deep listening, noticing and counteracting destructive patterns, and discovering how intimate relationships can become a rich form of spiritual practice.

Chapters and contributors include:

- Zen teacher **Thich Nhat Hanh** on what mindfulness is and why it lies at the heart real love
- Psychotherapist **David Richo** on finding a partner
- Psychotherapist and meditation teacher **Tara Brach** on the power of forgiveness
- **Rabbi Harold Kushner** on striving to give love rather than get it
- Novelist **Jane Hamilton** on a marital meltdown—and recovery
- Meditation teacher **Susan Piver** on the value of heartbreak
- Psychologist **John Welwood** on relationships as a path of personal and spiritual growth

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From Reader Review Right Here with You: Bringing Mindful Awareness into Our Relationships for online ebook

Nancy says

Uneven, but the essays are mostly brief, so it is a very readable collection. I appreciated the structure and variety of voices.

Angelika says

Short essays on relationships in buddhist mind. Would buy this.

Steve says

I laughed, I cried. I had a million feelings as I savored this Buddhist book on relationships. So many twists and turns and takes. My one reservation is that they ruined the word "alchemy" for me. Otherwise it was an awesome packed book dripping with wisdom. Thank you Andrea Miller for taking the time to get these essays.

Tonya says

There is something in here for everyone, no matter the state of your personal, intimate relationships. I found great solace in reading from the many different authors - so many different writing styles and perspectives, yet all with mindfulness and compassion at their root of their story.

Amanda says

I didn't finish all the essays in this collection. While some were well-thought out, others seemed to veer widely from the topic of mindfulness. Worth a perusal but not something I would run out to buy to add to my collection. Check it out from the library like I did.

Suzanna says

From the lead essay by Thich Nhat Hanh: "The most precious gift you can give to the one you love is your true presence."

Kissiah says

When I first ordered this book I wasn't aware that it was comprised of individual short essays, and though I enjoy this style, I was a little skeptical of how it would read considering the subject matter. I have to say, I thoroughly enjoyed both the content and the style. Each short story gave me something to look forward to, something different, yet connected to the one before. One of my favorite essays was Going Beyond Disappointment by Judith Simmer-Brown. It alone is reason enough to buy the book. The overall tone is taking an authentic look at the layers of relationships: what it means to relate, what love is, touching upon jealousy, realistic approach to relating, going within, and so much more... It's rich with truth and insight. I also found it to be a reminder to go beyond the surface, beyond one's "romantic" expectations or fantastical approach to joining with another. I definitely recommend it. Take it to bed with you and fall asleep contemplating being more expansive in love and relating.

Mary Louise says

Minfulness is the answer! Looking forward to reading this...
