



DOWNLOAD



## How to Be an Adult in Relationships The Five Keys to Mindful Loving

---

By David Richo

Shambhala. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 8.9in. x 5.9in. x 0.8in. 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 book, Richo offers a fresh perspective on love and relationshipsone 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: 1. Attention to the present moment; observing, listening, and noticing all the feelings at play in our relationships. 2. Acceptance of ourselves and others just as we are. 3. Appreciation of all our gifts, our limits, our longings, and our poignant human predicament. 4. Affection shown through holding and touching in respectful ways. 5. 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 conceptswhat Richo calls the five Asform the basis of mature love. They help us to move away from...



READ ONLINE  
[ 8.36 MB ]

### Reviews

*This book is definitely worth acquiring. Yes, it is enjoy, still an amazing and interesting literature. Its been written in an remarkably basic way and is particularly simply soon after i finished reading through this pdf where actually changed me, affect the way in my opinion.*

-- **Murray Marquardt**

*It is really an awesome ebook which i have ever go through. It is actually writter in straightforward terms and not confusing. I am very easily could get a satisfaction of reading a written ebook.*

-- **Clotilde Wiegand**