

# What's in it for me? Lessons on love from a globally renowned master of mindfulness.

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If you've picked up a magazine or browsed a lifestyle site recently, you'll have heard about the mindfulness craze. Being in the moment and really savoring every bite you eat, step you take or flower you see can work wonders. Mindfulness can make you happier and more productive, boost your attention span and help you realize long-cherished ambitions.

After noticing how this ancient Asian technique was making inroads in modern Western societies, world-famous Vietnamese Buddhist monk and spiritual teacher Thich Nhat Hanh had an idea. What would happen if you applied the techniques of mindfulness to the thing that matters most to all of us – love?

How to Love is his answer. A pithy book full of insights and actionable advice on love, this is an indispensable guide that illuminates the tangled paths of the heart.

In these blinks, you'll learn,

- how to tell if you've found your true love;
  - why respecting yourself is the foundation of loving others; and
  - how to practice sex wisely and achieve true intimacy with your partner.
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