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Henry Grayson

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Dr. Henry Grayson is author of Mindful Loving: Ten Practices to Deepen All Your Connections, published by Gotham Books, and the best selling Sounds True audio series, The New Physics of Love: The Power of Mind and Spirit in Relationships. He is the Founder and Chairman of the Board of Trustees of the National Institute for the Psychotherapies ...

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Also, Grayson could not resist including the predictable list of how love "should be." All in all, however, Mindful Loving is an excellent explanation of love with something of use for everyone. This book is rated 8 on a scale of 1 (low) to 10 (high) by the spiritual reviewer. This unusually high rating designates Mindful Loving as "a classic."

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Dr. Henry Grayson is a pre-eminent psychologist and the author of three acclaimed professional works and the bestselling "Sounds True" audio teaching series called The New Physics of Love, on which Mindful Loving is based. He founded and directs The National Institute for Psychotherapies in New York City and is frequently invited to speak at ...

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