

Mindful Loving

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"Grayson has integrated psychology, spirituality, and the new physics into concrete theory and practice that sheds light on how couples make themselves miserable and how, by transforming their thoughts, they can achieve mutual joy. I highly recommend it."

—HARVILLE HENDRIX, Ph.D., author of
GETTING THE LOVE YOU WANT: A GUIDE FOR COUPLES

MINDFUL LOVING

*10 Practices for Creating
Deeper Connections*



HENRY GRAYSON, Ph.D.

author of the bestselling *Sounds True* audio course,

The Neuroscience of Love

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In this groundbreaking book, Dr. Henry Grayson shares his breakthrough techniques for creating deeper and more lasting connections with our loved ones.

Henry Grayson, a psychologist, relationship counselor, psychoanalyst, and former minister who has been working with couples and individuals to improve their relationships for over thirty years, has found that most people are actually more unhappy after marriage counseling or couples therapy. In *Mindful Loving* he sets aside the traditional methods of therapy to show you how to look at your relationships from a completely different perspective. By getting to the root of our relationship problems, which stem from our thoughts and beliefs and mistaken ideas about our own identities, Grayson creates a whole new framework—one where psychology, spirituality, and science meet—in which to view intimacy. He guides you through ten simple but specific and effective practices and share crucial insight about:

- * Breaking the vicious cycle of interaction that traps us in patterns of resentment and isolation
- * The six forms of counterfeit "love" and nine barriers to love
- * Unblocking the flow of love and choosing love over fear
- * Creating a spiritual marriage rather than an ego-based marriage
- * The ten empowering characteristics of Empowering Love

Filled with techniques, exercises, meditations, and inspiring case studies, here is an indispensable guide to creating healthy and fulfilling relationships that is destined to become a classic in the field.

作者介绍:

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