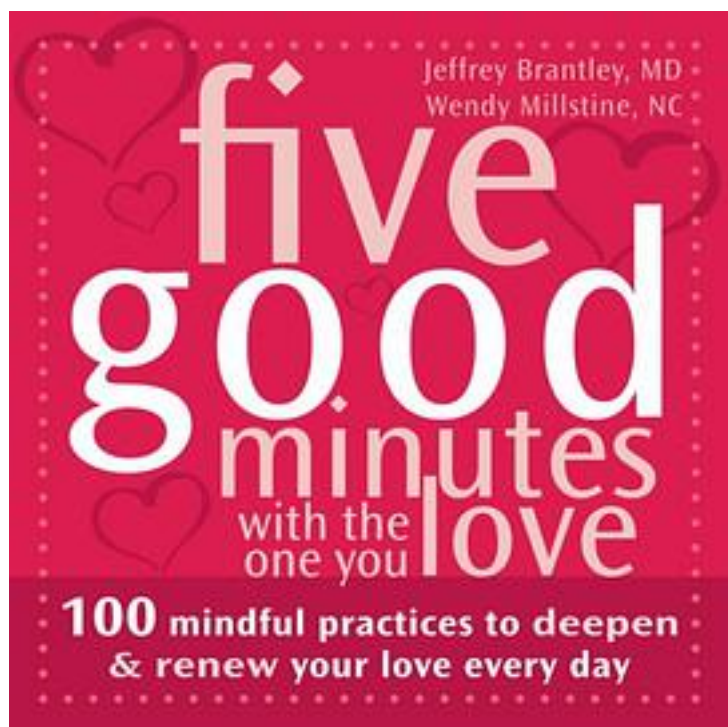


Five Good Minutes With the One You Love



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著者:Jeffrey, M.D. Brantley

出版者:New Harbinger Publications

出版时间:2008-01-15

装帧:Paperback

isbn:9781572245129

When you first fall in love, every moment you spend with that special someone feels like a lifetime. Even a glance and a smile can seem to last for hours. But as time goes by, let's face it, relationships change. You have places to go and people to see, children to raise and careers to manage. The rest of the world can start to slip in between you and the one you love. It takes practice to remain deeply connected and truly intimate with someone - but it doesn't need to take up all of your free time. With the simple practices in this book, readers will be able to really connect with the people they love most in as little as five minutes a day. Using simple techniques drawn from mindfulness practice, each of these intimate and fun activities will help readers feel

closer, more connected, and more deeply in love with their intimates. The meditations, affirmations, and observations will foster gratitude, kindness, trust, and empathy. In the course of these practices, readers can learn new ways to deal with conflict and daily stress.

作者介绍:

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