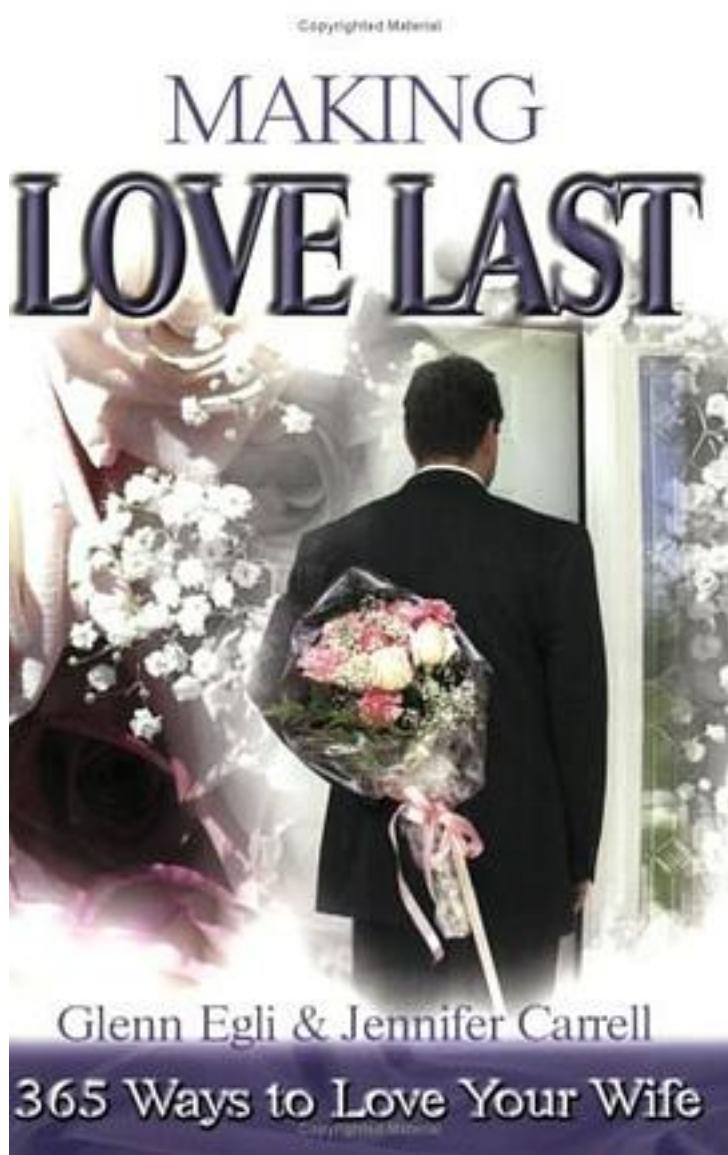


Making Love Last



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著者:David Richo

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Intimacy is one of the great powers and joys of life, yet all too often it gets clouded by miscommunication, a loss of affection, and a lack of mutual support. Here therapist David Richo shows us how to use mindfulness to better understand ourselves and our partners so that we can: Increase our capacity to give and receive love by recognizing how our past relationships affect our current life Improve physical and emotional intimacy by embracing the five hallmarks of loving relationships Resolve conflicts by constructively working with anger, grief, and blame Move from needy, ego-centered love to unconditional love by addressing fears of engulfment or abandonment Discover how relationships can be a path to spiritual awakening by practicing mindfulness and loving-kindness

3 CDs; 3 hours.

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