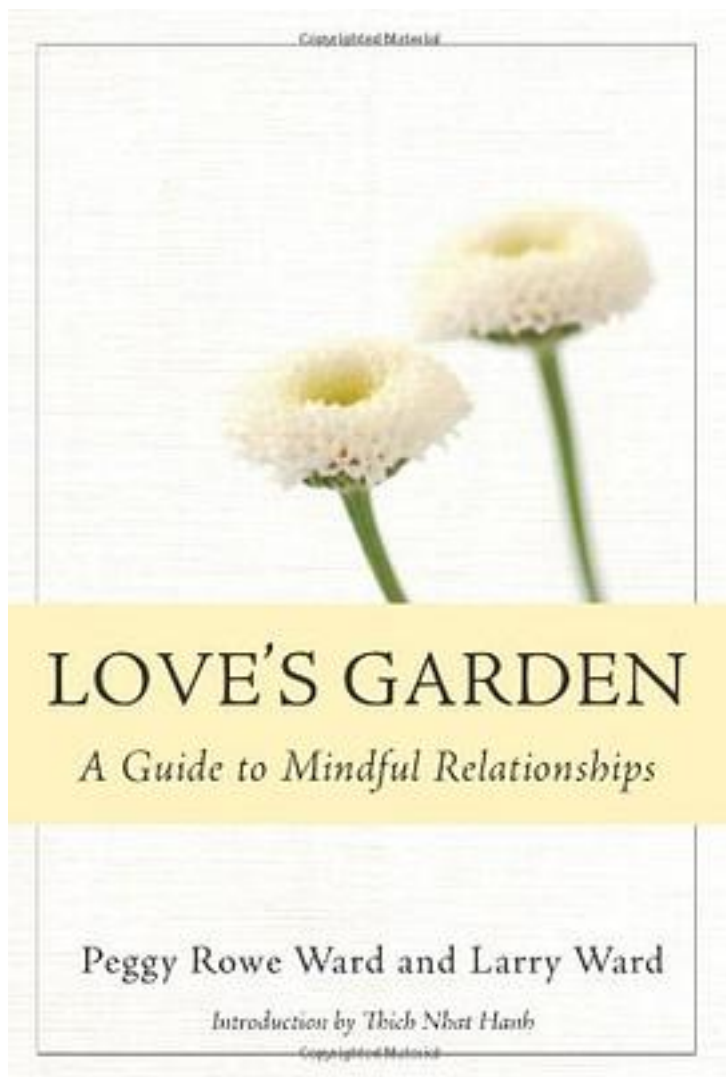


Love's Garden



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著者:Ward, Peggy Rowe/ Ward, Larry

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Using Buddhist teachings to re-evaluate traditional approaches to love, couplehood, and marriage, Love's Garden offers readers specific advice on improving their love lives. By collecting real-life Buddhist love stories, along with commentary and guided exercises, this book illustrates the fulfilment that comes from looking within and taking action to improve a relationship. Equally useful for practicing Buddhists and non-Buddhists alike, the advice presented here can be used by anyone to promote mindfulness, diligence, and perseverance in the romantic realm. In the words of one of the authors, Larry Ward, "we simply need to get in touch with and nourish the practices that are helping us to experience peace. And then we need to stop doing the things that keep us from experiencing peace."

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