

"This book has the power to set your heart at peace."

—SUSAN CAHN, author of *Quiet*

REAL LOVE

The ART of
MINDFUL CONNECTION

SHARON
SALZBERG

*Author of the New York Times bestseller *Real Happiness**

Sharon Salzberg

Real Love: The Art of Mindful Connection



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We all yearn for connection, however often feel trapped by our sense of isolation, anger, envy, and other styles of aversion. Ultimately, our minds get in the way of this yearning, as we spin tales and assumptions around inside our heads that maintain us feeling alienated in one another. However, in *Real Love*, bestselling writer and meditation instructor Sharon Salzberg will educate you on to redefine and start the limited definitions of "love" and encounter it in a far more essential way. This book offers a pathway towards a far more sustainable and authentic style of love by offering a creative toolkit of mindfulness exercises, meditation techniques, and interactive applications that may guide readers through the process of stripping away layers of habit to locate a truer meaning of love, to "real love. In fact it is only once we are truly engaged with present experiences that people not only are able to feel more linked to our own core selves, but also to those all around us. As you sort out each layer you can be more present and adapt to points as they actually are. only then will you be able to share your love with all of those other world."The book is certainly divided into four sections, each addressing a distinct experience of "actual love": love for the personal, love for another specific, love for all beings, and love forever itselfWorking from the inside out, the first rung on the ladder on the journey is normally to learn to love yourself;



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Well Done I purchased the book in Amazon and I really like it. It is usually filled with a whole lot of insight and wisdom, but the information is very available. Mitch Abblett, PhD, Writer of *The Five Hurdles to Pleasure - and the Mindful Path to Overcoming Them* Five Stars Wonderful book: absolutely worthy of reading it and re-reading it! Read this! Sharon offers an excellent insight into loving kindness! One can read it and use it immediately to reside in the moment for all of your life. Meh I wish I could such as this reserve more than I really do. It's a rehash of "loving kindness" meditation methods. Other Buddhist writers have done a better job of covering the material. Like is Always (in the) Present Sharon's book *Real Like* is a very essential addition to the vast (and developing) mindfulness literature. Her accessible, compassionate tone of voice helps reads take mindfulness practice "off the cushion" and in to the daily life of relationship (with others and ourselves). In a period of division and separation as we're seeing play out on the world stage at this time, it is so vital that you take in the heart-teachings of someone like Sharon and understand how to lower the barriers to genuine love. I was able to attend a retreat predicated on the reserve in July in Seattle that was an excellent adjunct to the publication. We can never do more than enough loving-kindness practice. Four Stars This book has been really great to work through. Engaging stories, easy tools to enhance Love of yourself, others and the world! Just what we need now to bring people together. Sharon is a expert in describing, in layman conditions, how the research and practice of developing the abilities to love can be brought to the world. My only suggestion in the event that you read this phenomenal book is to learn it slowly to savor the wisdom you will see on literally every web page. REALLY LOVED it! This book found me at the same time where I really had a need to hear it and also could take it in. So much written here is basic and has been said in other ways before but also for me that simply made it feel familiar, like putting on your favorite sweater. Very inspiring and really enables you to think. This book is indeed well written! Truly. I cannot say enough good things concerning this.. In this publication she offers the summation of what she's learned on the topic and better yet, how to virtually apply it to any pain in your life. I would do a comparison of it to Don Miguel Ruiz "The four agreements. Should anyone ever have handled any pain in your life - mentally, psychologically, or spiritually - scanning this publication will be curing and transformative. Loving Kindness!. A far more timely reserve has perhaps under no circumstances been written. I've read many self-help and additional spiritual/mental type books in graduate college and throughout my own personal journey - and this book now calls for the place as the most crucial one for me personally, both personally in working with my very own wounds, along with professionally as a therapist myself. Read it if you want to function on your own personal advancement, read it if you feel you could have better human relationships with others and examine it if you wish to create ripples of loving kindness that circulate around the world! Sensational little book Sharon is an excellent teacher.! Sharon is perhaps North America's best ambassador of loving-kindness and has spent decades immersed in its soothing waters. This is a wonderful book. A must read!! The reserve is very readable (listen to) and I find what I gained from it to become very sweet and life improving. Loved it. I loved it and will be revisiting it! Like remembering what I know to be true. I am a therapist and this book just visited the top of my recommended books for my individuals." Sooo good! Five Stars I learned about this reserve in a Loving Kindness class and knew I had to get it. The section on perfectionism was super helpful for me.



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