

THE
SEVEN
SECRETS
TO
HEALTHY,
HAPPY
RELATIONSHIPS

DON MIGUEL RUIZ JR.
& HEATHERASH AMARA



Jr. don Miguel Ruiz and
The Seven Secrets to Healthy, Happy Relationships



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Yet, as we know, relationships aren't usually a "bed of roses"--especially romantic types. They provide unlimited ways for us to learn, grow, thrive, and also have fun! Relationships: A fundamental element of the Human Experience As humans, many of us yearn for fulfilling relationships. In this one-of-a-kind publication, bestselling authors don Miguel Ruiz, Jr. They don't really make themselves, nor do they continue happily automatically once they start. and HeatherAsh Amara share their seven secrets to healthful, happy human relationships: Commitment Freedom Awareness Healing Joy Communication Release Understanding and enacting these concepts can help you at any stage in your intimate partnering, whether you've been with someone for several years or are currently solitary and want to get ready for a relationship. The authors make clear that the principles in this book aren't secrets because they're hidden away, but are more akin to undiscovered things that can result in deeper, more meaningful connections. Portion of the secret, as you will notice, is in the art of putting these ideas into practice day after day and year after year.



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Finally, the relationship guide I've constantly wanted! What if I could grow with someone by doing so? Great! Started reading. (Hint: It consists of deconstructing fantasies of what love is normally and surrendering to something much deeper.) Don Miguel Ruiz, Jr. Amazing discussion and a far more amazing book! But the publication is about so much more than that. I have gone through other books by this writer and am just as happy with one as the others. Excellent read! We greatly enjoyed this publication. What if I possibly could experience free and safe and sound with another like this? In the past I attended a workshop HeatherAsh Amara provided and it placed me on a life-changing route that saved my marriage. Then we attended a lecture by Don Miguel Ruiz Jr and it brought us closer together on this journey. If you are willing to do the work with the practices organized in the publication, you will improve your relationship with yourself and those you choose to share yourself with! Great! Up to now! Just started reading. Great! Up to now! Love all of his writings. Wise words that speak volumes in a publication that is beautifully written! Amazing teachers, transformative potential! When two of your favorite authors write a publication together, you certainly pre-order it! Good book! I learned quite a bit about myself. It is certainly always good to read and learn about oneself and the many motivations behind our behavior. In this particular time, untangling ourselves from dysfunctional models of love and locating something truer and more enriching is so important—not only so we can possess the intimacy we wish but so we are able to collectively develop a world where our independence, dignity, and core essence are celebrated. Basic and relatable, also life-changing! From the first words in the introduction and the authors' sharing of the questions they are most commonly asked about how to transform romantic relationships, this book is indeed relatable. I came across myself asking "What if?" frequently. Imagine if my intimate romantic relationship could be supportive like this? The Seven Secrets is certainly everything I had hoped it will be. Finally, the relationship guide I've constantly wanted! Remaining True to Oneself in Loving Relationships Beautifully written, filled with wisdom and tools to inspire, teach and encourage the reader how to stay true to oneself through mindfulness of one's own self in addition to their partner, the importance of loving oneself and each other, not really losing one's own identity in a relationship and suggestions on how to deeply connect to each other, blend and encourage each other's personal freedoms, likes, wants in a loving, healthy and respectful way. Bought this in a bookstore where the author spoke approximately the book! Idea provoking and helps switch thoughts/attitudes inward as opposed to focusing on the other person in the relationship. That is a book, which has much wisdom and is also beautifully written. Browse the sentence below and you will understand why I therefore love the way the authors talk about freedom in relationship and the responsibility each partner has. "Relationships thrive when both companions feel free and when there's space to grow and stretch in new and fascinating ways. That is something I can apply to all human relationships, including myself. "Grab this book now!! I appreciate the way the authors talk about their principles in simple terms. As someone who has seen my intimate human relationships as spiritual paths that help guide me back to myself, I value this deeply grounded, sensible, and compassionate primer on how best to build the loving interactions we've generally wanted. Love! Amazing book! Essential read for couples! I have a feeling these "secrets" will become life-changing for me and lots of other folks., and HeatherAsh Amara health supplement their gorgeous teachings with practical good examples from everyday lovers navigating what it means to love and become loved. I definitely recommend this to young people starting into relationships at the beginning and also couples seeking to improve, strengthen and the ones even looking to save their relationship. :) Must go through for relationships! Great read! In a partnership like this, each person shares responsibility for the relationship as an entity in and of itself—the ocean stretched between shores, which is crazy and unknowable and yet also described by and confined within the land that border

it. A MUST READ!! This book was a very bold undertaking because anybody of these seven "secrets" could have been a book unto itself



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