



A red book titled "REAL LOVE" by Sharon Salzberg is the central focus of the image. The book is standing upright on a light-colored patio surface. In the background, there is a swimming pool with a blue lounge chair and a red patio umbrella. The scene is outdoors, with trees and a building visible in the distance.

REAL LOVE

THE ART OF
MINDFULNESS TRANSCENDENTAL MEDITATION

SHARON
SALZBERG

Sharon Salzberg

Real Love: The Art of Mindful Connection



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Real Love is usually a creative tool kit of mindfulness exercises and meditation techniques that help you to truly engage with your present experience and create deeper love human relationships with yourself, your partner, family and friends, and life itself. You certainly are a person worthy of love. You don't have to do anything to deserve all the like in the world. This program is read by the writer. Across three sections Sharon explains how to dispel cultural and emotional habits and direct focused care and attention to recapture the essence of what it is to love and become loved. Sharon Salzberg, a respected professional in lovingkindness meditation, encourages us to remove layers of negative habits and obstacles, supporting us to experience authentic love based on direct experience instead of preconceptions. With positive reflections and procedures, Sharon teaches us how exactly to shift the duties of the love that people give and receive to rekindle the powerful healing force of true connection. By complicated myths perpetuated by popular culture, we are able to undo the limited definitions that reduce love to basically romance or enthusiasm and present the heart a much needed tune-up to connect ourselves to the truest experience of love in our daily lives.



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So much written here is simple and has been said in other ways before but also for me that simply made it feel familiar, like wearing your favorite sweater. It is usually filled with a lot of insight and wisdom, but the information is quite accessible. I could attend a retreat based on the book in July in Seattle which was an excellent adjunct to the publication. Read this! This is a wonderful book. One can examine it and use it immediately to live in the moment for your whole existence. Like remembering what I know to be true. It's a rehash of "loving kindness" meditation techniques. 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 growing) mindfulness literature. Her accessible, compassionate voice helps reads take mindfulness practice "off the cushion" and into the daily life of relationship (with others and ourselves). Sensational little book Sharon is an excellent teacher. Mitch Abblett, PhD, Author of The Five Hurdles to Joy - and the Mindful Way to Overcoming Them Five Stars Wonderful book: absolutely worth reading it and then re-reading it! We are able to never do plenty of loving-kindness practice. Five Stars I learned about this reserve in a Loving Kindness course and knew I had to get it. Very inspiring and really makes you think. Simply what we need now to bring us all together. I work as a therapist which book just visited the very best of my recommended books for my sufferers. I would compare it to Don Miguel Ruiz "The four agreements.. A far more timely publication has perhaps hardly ever been written. Well Done I purchased the book on Amazon and I really like it. Meh I wish I could like this reserve more than I do. Loved it. Truly. I cannot say enough good things about this. REALLY LOVED it!. Sharon is a grasp at describing, in layman terms, how the technology and practice of developing the skills to love can be brought to the world. Should anyone ever have dealt with any pain in your daily life - mentally, psychologically, or spiritually - scanning this book will be healing and transformative. Sharon is perhaps North America's greatest ambassador of loving-kindness and has spent decades immersed in its soothing waters. In this publication she offers the summation of what she has learned on the topic and better yet, how to virtually apply it to any discomfort in your life. This book found me at the same time where I really had a need to hear it and actually could take it in. I've read many self-help and other spiritual/emotional type books in graduate school and throughout my own personal journey - and this book now calls for the place as the most crucial one for me, both personally in dealing with my own wounds, and also professionally as a therapist myself. My only suggestion if you read this amazing book is to read it slowly to savor the wisdom you will find on literally every page. In a period of division and separation as we're viewing play from the world stage right now, it is so vital that you ingest the heart-teachings of someone like Sharon and learn how to bring down the barriers to true love. The publication is very easy to read (pay attention to) and I find what I gained from it to be very sweet and life enhancing. Loving Kindness!" Sooo great! A must read!!! I treasured it and will be revisiting it! This book is so well written! Engaging tales, easy tools to improve Love of yourself, others and the globe! Read it if you want to function on your own personal advancement, browse it if you feel you might have better human relationships with others and examine it if you wish to create ripples of loving kindness that circulate around the world! Sharon offers an excellent insight into loving kindness! Four Stars This book has been excellent to work through. The section on perfectionism was super helpful for me.



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