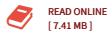




The Seeds of Love: Growing Mindful Relationships (Paperback)

By Jerry Braza

Tuttle Publishing, United States, 2017. Paperback. Condition: New. Reissue. Language: English. Brand New Book. Using the garden as metaphor, The Seeds of Love offers a process for creating mindfulness. From a Buddhist perspective, everything affects our consciousness and enters metaphorically as a seed. Through the development of the practice of mindfulness, and using its tools to maintain a state of awareness and openness to self and others. Readers interested in Zen Buddhism will learn how to nurture such seeds as compassion, joy and generosity and to use personal challenges such as jealousy, anger and self doubt as a means of growth. Using precepts from many faiths and traditions, The Seeds of Love fosters the practice of using simple, basic actions to reach the best within ourselves and share it with those around us. It will be an invaluable guide to anyone seeking deeper and more conscious relationships.



Reviews

Absolutely essential read publication. it absolutely was writtern very completely and valuable. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Sarai Lebsack

Thorough guide for book enthusiasts. I am quite late in start reading this one, but better then never. Your lifestyle span will be transform when you total reading this article book.

-- Lindsey Larson

Relevant Books



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HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English. Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



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