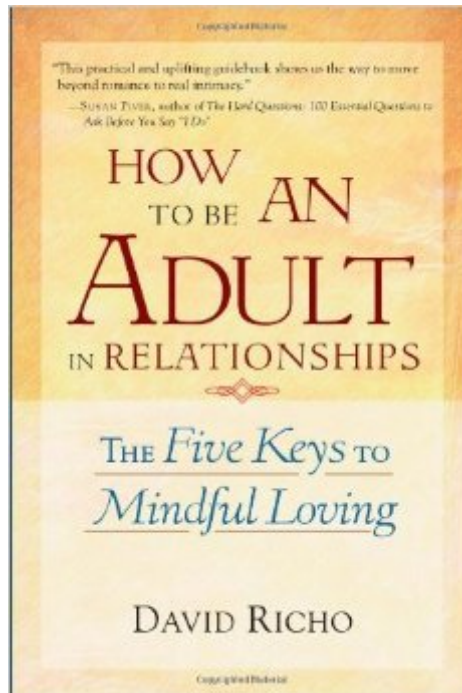


The book was found

# How To Be An Adult In Relationships: The Five Keys To Mindful Loving



## Synopsis

"Most people think of love as a feeling," says David Richo, "but love is not so much a feeling as a way of being present." In this book, Richo offers a fresh perspective on love and relationshipsâone that focuses not on finding an ideal mate, but on becoming a more loving and realistic person.

Drawing on the Buddhist concept of mindfulness, *How to Be an Adult in Relationships* explores five hallmarks of mindful loving and how they play a key role in our relationships throughout life:

1. Attention to the present moment; observing, listening, and noticing all the feelings at play in our relationships.
2. Acceptance of ourselves and others just as we are.
3. Appreciation of all our gifts, our limits, our longings, and our poignant human predicament.
4. Affection shown through holding and touching in respectful ways.
5. Allowing life and love to be just as they are, with all their ecstasy and ache, without trying to take control.

When deeply understood and applied, these five simple conceptsâwhat Richo calls the five A'sâform the basis of mature love. They help us to move away from judgment, fear, and blame to a position of openness, compassion, and realism about life and relationships. By giving and receiving these five A's, relationships become deeper and more meaningful, and they become a ground for personal transformation.

## Book Information

Paperback: 272 pages

Publisher: Shambhala; 1 edition (June 18, 2002)

Language: English

ISBN-10: 1570628122

ISBN-13: 978-1570628122

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (243 customer reviews)

Best Sellers Rank: #8,523 in Books (See Top 100 in Books) #54 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism](#) #103 in [Books > Self-Help > Relationships > Love & Romance](#) #127 in [Books > Self-Help > Relationships > Interpersonal Relations](#)

## Customer Reviews

...our individual lives, all relationships, and the world would be magnificent beyond anything we've so far imagined or believed could be possible. High and deserved praise for this book. I read this book a few years ago and refer to it time and again to not only remind myself but also to share with

friends regarding their relationships. This book is like having multiple books in one. I'd like to write some highlights for you, but the entire book is a highlight. Some samplings, however, of this great book..."Here are the words of an adult: "Even though you please me sexually, even though we have been together so long, even though I don't know whether I will ever find someone else, I have to let you go because you do not meet me at my soul/adult level." "Here are the words of a codependent: "Because you please me sexually, because we have been together so long, because I don't know whether I will ever find someone else, I can't let you go-- even though you do not meet me at my soul/adult level.""As adolescents, we were taught that the way to tell we are in love is by our loss of control, our loss of will, and a compelling sense that we could not have done otherwise. This falling in love contrasts with the reality of rising in love with conscious choice, sane fondness, intact boundaries, and ruthless clarity." Referring to the former, Richo adds, "...that kind of reaction is actually a signal from the needy child within, telling us what we need to work on, not directing us to our rescuer.""Love can be confused with clinging that is welcomed by the other, sexual desire that is satisfied by the other, or neediness that is fulfilled by the other.

[Download to continue reading...](#)

How to Be an Adult in Relationships: The Five Keys to Mindful Loving The Five Keys to Mindful Communication: Using Deep Listening and Mindful Speech to Strengthen Relationships, Heal Conflicts, and Accomplish Your Goals English Garden Adult Colouring Book One Year Day Planner Europe: Adult Colouring Books in al; Adult Colour in Boo; Adult Colouring in al; Adult ... Adult Coloring Books Flowers and Birds in al Memes: Hilarious Adult XXX Memes And Pictures Book (Ultimate Funny Memes Book 41)(Adult Memes, Free Memes, Adult Pictures, Jokes For Adults, Funny Adult Jokes, Adult Joke Book, Sexy Meme) Savor: Mindful Eating, Mindful Life The Jesus Creed: Loving God, Loving Others The Jesus Creed for Students: Loving God, Loving Others A Loving Life: In a World of Broken Relationships Hold Me Tight: Your Guide to the Most Successful Approach to Building Loving Relationships How to Expand Love: Widening the Circle of Loving Relationships Trust Works!: Four Keys to Building Lasting Relationships People Styles at Work...And Beyond: Making Bad Relationships Good and Good Relationships Better Designer Relationships: A Guide to Happy Monogamy, Positive Polyamory, and Optimistic Open Relationships Unhindered: A Mindful Path Through the Five Hindrances Mindful Mandalas: A Mandala Coloring Book: A Unique & Uplifting Mandalas Adult Coloring Book For Men Women Teens Children & Seniors Featuring ... Relaxation Stress Relief & Art Color Therapy) 100 Mandalas: Adult Colouring for Relaxation (Mindful Mandalas) (Volume 1) Birds: An Adult Coloring Book: Over 30 Fun Stress Relieving Illustrations of Birds, #1 Book For Your Inner Artist, mindful meditation

coloring book, bird guide natural world coloring book Birds: An Adult Coloring Book: Travel Edition  
Size, Over 30 Fun Stress Relieving Illustrations of Birds, #1 Book For Your Inner Artist, mindful ...  
book, bird guide natural world coloring book Radical Forgiveness: A Revolutionary Five-Stage  
Process to Heal Relationships, Let Go of Anger and Blame, Find Peace in Any Situation Amazing  
Cities: A Coloring Book of Fantastic Places in the World! (Adult Coloring books, Adult coloring)  
(Adult Coloring Books of Amazing Cities) (Volume 1)

[Dmca](#)