

[PDF] How To Be An Adult In Relationships: The Five Keys To Mindful Loving

David Richo - pdf download free book

Books Details:

Title: How to Be an Adult in Relatio

Author: David Richo

Released: 2013-04-09

Language:

Pages:

ISBN: 1611800463

ISBN13: 978-1611800463

ASIN: 1611800463



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Description:

From Publishers Weekly Approaching the study of relationships from a psychotherapist's perspective is *How to Be an Adult in Relationships: The Five Keys to Mindful Loving*. Teacher and writer David Richo gives practical and spiritual exercises for couples and singles who want to have mature and lasting relationships. Emphasizing paying attention and letting go, Richo gently and compassionately coaches readers on what he calls the five A's: attention, acceptance, appreciation, affection and allowing. His book, which proposes "letting go of ego," will help those seeking personal transformation in their relationships. (June)

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Review "An inspiring and highly practical guide to effective relationships."—Kathlyn Hendricks,

coauthor of *Conscious Loving* and *The Conscious Heart*

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