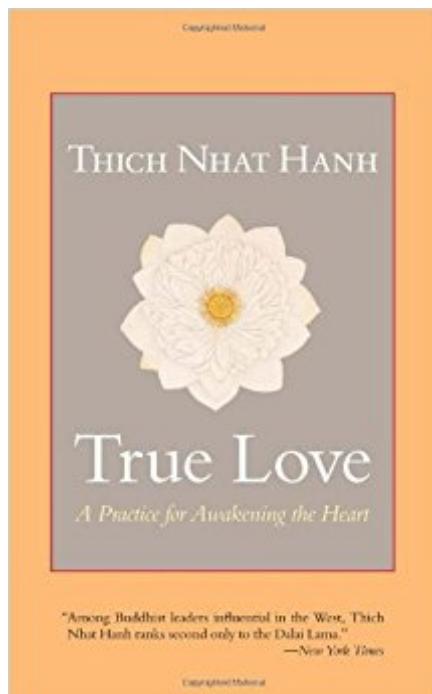


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# True Love: A Practice For Awakening The Heart



## Synopsis

Love might not be what we think it is. We all seek the happiness that comes from loving and being loved, yet we often find ourselves dissatisfied in our relationships and unable to grasp the cause. Thich Nhat Hanh here shows the way to overcome our recurrent obstacles to loveâ "by learning to be mindful, open, and present with ourselves and others. As he explains, â œtraining is needed in order to love properly; and to be able to give happiness and joy, you must practice deep looking directed toward the person you love. Because if you do not understand this person, you cannot love properly. Understanding is the essence of love.â • This quintessential guide to loving also introduces the four key aspects of love described in the Buddhist traditionâ "loving-kindness, compassion, joy, and freedomâ "and describes many simple and direct ways in which we can practice authentic love in our everyday lives.

## Book Information

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## Customer Reviews

This umpteenth volume from the highly regarded Vietnamese Zen monk really has nothing new, but that is precisely the author's point: just do a few simple things, and keep doing them. True loveâ "the real thingâ "is actually hard to practice, and so Nhat Hanh begins with a short Buddhist explanation on the components of loveâ "loving kindness, compassion, joy and freedomâ "and then offers a series of practices, including mantras, deep listening and a variety of meditations. Throughout, he skillfully weaves in Buddhist teachings about consciousness and nonduality whose complexity belies the simplicity of the author's words. Nhat Hanh is always good, and poetic, at seeing the deep

in the ordinary: how the ring of a telephone can be a call to awareness, how the waste material of human fear and pain can be compostedâ "transformedâ "into flowers of understanding and hope. These teachings will all be familiar to the many students and admirers of the popular monk, but the compassionate call to awareness and to everyday practice does not grow old. The book's gift format makes it an especially good choice as a present to anyone who might need an accessible door to the author's vast body of work and teachings. Copyright Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"Among Buddhist leaders influential in the West, Thich Nhat Hanh ranks second only to the Dalai Lama."â "New York Times "A simplicity and directness that brings true love within reach."â "Dragonfly Review "Recommended reading for anyone who loves."â "Ascent Magazine "Thich Nhat Hanh writes with the voice of the Buddha."â "Sogyal Rinpoche, author of The Tibetan Book of Living and Dying "[Thich Nhat Hanh] shows us the connection between personal, inner peace and peace on earth."â "the Dalai Lama

**BACKGROUND:** I have been married 33 years and I have a great marriage that has hit a rough spot. We're friends, we've owned a business together, we respect each other and love each other. We've entered a new chapter called Retirement and I am struggling. Of course, there is more to the story such as my husband's painful layoff that left him flattened and emotionally shutdown. And my stress about the ability to let go and be less fearful in this unknown chapter without clinging or pressurizing my husband to fill the space. That said, I am grateful that I found this book at this phase of my life.**TRUE LOVE:** This book tops the mountain of books I have read lately on the topic of "Love". No other book that I have read penetrates the romantic layers and commercial definitions that pepper us with ordinary findings or provides "just enough" advice, yet falls short of direction for developing enduring and enriching love. This is a journey and lesson(s)of abiding love beyond oneself. I have one caveat for readers who try the techniques covered in True Love: Participants need a level of emotional integrity where both parties play fair, are trustworthy and respectful. For example: Practicing giving freedom to a spouse who has a history of infidelity might be painful. Obviously, I am NO expert, but these exercises will let you know how to proceed. Deepening relationships has elements such as loving someone more than yourself,emotionally supporting them without requirements, promoting freedom, etc. The message is simple, but not easy and conveyed in a loving way so that one can translate them into their world. Thich Nhat Hanh embodies love, his

lessons have humbled me and given me peace, but homework!

We received this as a wedding gift and after reading it, I wished I would have had it with me all along my path to love. Like other works by Thich Nhat Hanh, it is a very approachable look into being mindful, this time about love: what to expect from love, where to seek love, what you have to offer love, and cherishing love for all the highs and lows. I also recommend his book "Peace is Every Step" for an approachable look at everyday mindfulness.

### Incredible Book

There are many ways to study Buddhism, depending on the country of origin of the writer. The early western travellers made a fundamental mistake when they tried to find one-to-one correlations between Buddhism and Christianity ("Buddha is the asian Jesus; the rules of dharma are the Ten Commandments; the story of Buddha's birth is like Bethlehem, etc"). In fact, there is no such comparison that really fits - Buddhism simply *\*is\** what it is. In some cultures, where people are not scustomarily literate, Buddhism like Christianity, uses parables or assigns human form to the ideas and concepts as a means of teaching the way to be, which further complicates things. In fact, Buddhism does not require the admission of the existence of God ( or not) and is an intellectual tradition just as much as a spiritual one.Thich Nhat Tran has distilled the teachings down to four simple rules, and this book presents them beautifully as an introduction to day-to-day practice of lovingkindness. I assume this is a translation from the original, and the writing is very clear, in fact deceptively so.This book was recommended to me by a dear friend who knew that I have been wounded by anger in the past. I think for many searchers, books like this help you to make sense out of your life, providing comfort and insight to be a better person. Anger? it just "is" and it gets in the way.I hope that every person plagued by anger issues can learn this and put the lessons to heart. The world owudl be a better place if we all practiced these principles.

Simple to understand. Life altering. Visualizing my negative emotions as a small child walking into the room of my mind and then being able to provide love and comfort and diminish these negative feelings has helped me exponentially. I am working my way through his books and hope to read them all.

the mantras are exactly what a couple needs.

Thich Nhat Hanh is an incredible man. His words are so profound and inspiring. I am enjoying this book so much, and will read it again and again and refer back to it when I need to.

Best, most profound, most simple relationship book ever written by an amazing soul who loves human beings more than anyone besides Jesus.

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