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How to Love Yourself (and Sometimes Other People): Spiritual Advice for Modern Relationships (Paperback)

By Meggan Watterson, Lodro Rinzler

Hay House Inc, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. Told from the alternating vantage points of authors Meggan Watterson and Lodro Rinzler, How to Love Yourself (and Sometimes Other People) reminds us that love isn't something we have to earn. All of us are deeply and intrinsically worthy of love - not only love we hope to receive from others, but the love we give to ourselves - and this book offers the insight and practical tools we need to stay firmly grounded in self-love as we ride out the natural (and often stormy) cycles of relationships. Meggan and Lodro's Unique perspectives as teachers and scholars of Christian mysticism and Buddhism respectively make for a rich and lively dialogue that draws on wisdom sources like the Gospel of Mary Magdalene and the Four Noble Truths, along with funny, revealing stories from their own love lives and their deep friendship with each other. You'll find guidance for embracing single life, dating with an open heart, and thriving in lasting love; meditations and practices for calm abiding, disciplined hope, and connecting to the source of love within you; and tips on everything from...



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An exceptional ebook along with the typeface applied was intriguing to read. It is definitely simplistic but unexpected situations within the fifty percent of the publication. You are going to like just how the writer publish this pdf.

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A very wonderful book with lucid and perfect answers. It is probably the most incredible book i have study. Its been designed in an exceptionally simple way and is particularly just after i finished reading through this publication by which in fact transformed me, alter the way in my opinion.

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