

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

Kathlyn Hendricks, David Richo - pdf download free book



Books Details:

Title: How to Be an Adult in Relationships

Author: Kathlyn Hendricks, David Richo

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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 "Well-constructed and thought-provoking."—*Spirituality & Health*

"An inspiring and highly practical guide to effective relationships."—Kathlyn Hendricks, coauthor of *Conscious Loving* and *The Conscious Heart*

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