



Buddhism for Couples: A Calm Approach to Relationships

Sarah Naphali

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Learn Buddhist principles that can help enrich your romantic life, your life in general, and the lives of those around you.

Surely a happy marriage for a normally adjusted couple is a simple matter of give-and-take—some patience, tolerance, and just trying to be cheerful as often as possible. There is no shortage of books providing relationship advice that can help us with these matters. But Buddhist teachings address more than just surface knowledge, and guide us to delve deeper into our psyches.

With an emphasis on self-compassion, *Buddhism for Couples* explains how to apply Buddhist teachings to your relationships to patch things up, hold things together, and, even on good days, scale the heights of relationship happiness. Written for both men and women, this book tackles the loaded subjects of housework, anger, sex, conflict, and infidelity, and introduces Buddhist strategies that can enrich a relationship.

Humorous and informative, *Buddhism for Couples* provides a fresh approach to living as a couple, persuading us to leave behind stale, habitual ways of relating that don't work.

From the Trade Paperback edition.

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A lot of people always spend their very own free time to vacation as well as go to the outside with their loved ones or their friend. Do you know? Many a lot of people spend that free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity that's look different you can read the book. It is really fun for you personally. If you enjoy the book that you simply read you can spend all day every day to reading a publication. The book Buddhism for Couples: A Calm Approach to Relationships it is extremely good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. Should you did not have enough space bringing this book you can buy typically the e-book. You can more quickly to read this book from the smart phone. The price is not too costly but this book offers high quality.

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Playing with family in a park, coming to see the water world or hanging out with pals is thing that usually you have done when you have spare time, after that why you don't try matter that really opposite from that. Just one activity that make you not experience tired but still relaxing, thrilling like on roller coaster you have been ride on and with addition associated with. Even you love Buddhism for Couples: A Calm Approach to Relationships, you may enjoy both. It is fine combination right, you still desire to miss it? What kind of hangout type is it? Oh occur its mind hangout guys. What? Still don't have it, oh come on its referred to as reading friends.

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