

Access Free Loveability Knowing How To Love And Be Loved Robert Holden Pdf For Free

How to Love Yourself (and Sometimes Other People)
May 31 2020 Are you trying to find love — and beginning to suspect you're not looking in the right place? This wise, hip guide gives you a new map for the journey to happiness in relationships of all kinds, starting in your own heart. 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 the 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 sex, self-worth, and nourishing friendships to navigating breakups and learning to truly love yourself. Ultimately, you'll be able to see your ideal partner in a new light – not as someone who "completes" you, but as someone who mirrors back to you your own wholeness.

How to Love a Man Forever Dec 18 2021 A godly woman has a power in her that can greatly alter the course of her marriage.

How to Love Me Feb 08 2021 Geared specifically to women and the men who care for them, How to Love Me is designed to heat up and enhance a couple's relationship. Filled with probing, inventive questions on love and sex, it's sure to elicit eye-opening answers and take lovers on an exciting journey of discovery. Most important of all, the guide helps women and men express their true feelings to their partners and reveal exactly how they want to be loved, emotionally and physically. The questions range from the quirky to the serious, inquiring into expectations, hopes, dreams, and desires. From your turn-ons to taboos, feelings towards your partner to thoughts about marriage, these questions allow you to articulate it all!

Wired for Love Nov 05 2020 "What the heck is my partner thinking?" is a common refrain in romantic relationships, and with good reason. Every person is wired for love differently, with different habits, needs, and reactions to conflict. The good news is that most people's minds work in predictable ways and respond well to security, attachment, and rituals, making it possible to actually neurologically prime the brain for greater love and fewer conflicts. Wired for Love is a complete insider's guide to understanding a partner's brain and promoting love and trust within a romantic relationship. Readers learn ten scientific principles they can use to avoid triggering fear and panic in their partners, manage their partners' emotional reactions when they do become upset, and recognize when the brain's threat response is hindering their ability to act in a loving way. By learning to use simple gestures and words, readers can learn to put out emotional fires and help their partners feel more safe and secure. The no-fault view of conflict in this book encourages readers to move past a "warring brain" mentality and toward a more cooperative "loving brain" understanding of the relationship. Based in the sound science of neurobiology, attachment theory, and emotion regulation research, this book is essential reading for couples and others interested in understanding the complex dynamics at work behind love and trust in intimate

relationships.

How to Love Again Oct 04 2020 Combines psychology and spirituality in a unique manner to offer comfort in times of despair, and describes the healing that comes after loss. Encourages the reader to allow God and the natural wisdom of life to direct the course to recovery.

The Book That Made Me Mar 09 2021 Just as authors create books, books create authors – and these essays by thirty-one writers for young people offer a fascinating glimpse at the books that inspired them the most. What if you could look inside your favorite authors' heads and see the book that led them to become who they are today? What was the book that made them fall in love, or made them understand something for the first time? What was the book that made them feel challenged in ways they never knew they could be, emotionally, intellectually, or politically? What book made them readers, or made them writers, or made them laugh, think, or cry? Join thirty-one top children's and young adult authors as they explore the books, stories, and experiences that changed them as readers – for good. Some of the contributors include: Ambelin Kwaymullina Mal Peet Shaun Tan Markus Zusak Randa Abdel-Fattah Alison Croggon Ursula Dubosarsky Simon French Jaclyn Moriarty

The Way to Love Jan 19 2022 Profound love is at the heart of this warm, compassionate collection of

meditations by spiritual master Anthony de Mello -- a last inspiring gift to the countless readers whose lives he touched.

Loving People Mar 29 2020 Your personal guide to learning how to love. When you say or hear the words "I love you" it can change your life forever. Love is one of God's most important gifts to anyone, yet there are many misunderstandings about how to make love work in our families, friendships, marriages and dating relationships. In Loving People, best-selling author Dr. John Townsend shows you that love can actually be learned, and gives you the steps and tools to become skilled in love. Using his trademark stories and illustrations to flesh out the important principles, Dr. Townsend covers: receiving love connecting love healing love confronting love romantic love surrendering love Through his teaching, readers will discover - and start enjoying - the words, actions, and experiences of authentic love.

How We Love, Expanded Edition Nov 24 2019 Did you know the last fight you had with your spouse began long before you even met? Are you tired of falling into frustrating relational patterns in your marriage? Do you and your spouse fight about the same things again and again? Relationship experts Milan and Kay Yerkovich explain why the ways you and your spouse relate to each other go back to before you even met. Drawing on the powerful tool of attachment theory, Milan and Kay

explore how your childhood created an "intimacy imprint" that affects your marriage today. Their stories and practical ideas help you: * identify your personal love style * understand how your early life impacts you and your spouse * break free from painful patterns that keep you stuck * find healing for the source of conflict, not just the symptoms * create the close, nourishing relationship you dream about Revised throughout with all-new material and additional visual diagrams, this expanded edition of How We Love will bring vibrant life to your marriage. Are you ready for a new journey of love? Note: The revised and expanded How We Love Workbook is available separately.

How to Make Anyone Fall in Love with You Dec 06 2020 Here, from bestselling author Leil Lowndes, is a surefire guide to love for anyone seeking romantic bliss. In How to Make Anyone Fall in Love with You readers will find 85 techniques based on scientific studies regarding the nature of love, including: Finding potential love partners Making an unforgettable first impression Dodging "love bloopers" Establishing sexual rapport By using these pragmatic, down-to-earth strategies, anyone can turn new or casual relationships into lasting ones--or make current relationships deeper.

How to Love the World Jul 01 2020 What the world needs now — featuring poems from inaugural poet Amanda Gorman, Ross Gay, Tracy K. Smith and more.

More and more people are turning to poetry as an antidote to divisiveness, negativity, anxiety, and the frenetic pace of life. *How to Love the World: Poems of Gratitude and Hope* offers readers uplifting, deeply felt, and relatable poems by well-known poets from all walks of life and all parts of the US, including inaugural poet Amanda Gorman, Joy Harjo, Naomi Shihab Nye, Ross Gay, Tracy K. Smith, and others. The work of these poets captures the beauty, pleasure, and connection readers hunger for. *How to Love the World*, which contains new works by Ted Kooser, Mark Nepo, and Jane Hirshfield, invites readers to use poetry as part of their daily gratitude practice to uncover the simple gifts of abundance and joy to be found everywhere. With pauses for stillness and invitations for writing and reflection throughout, as well as reading group questions and topics for discussion in the back, this book can be used to facilitate discussion in a classroom or in any group setting.

[How to Fall in Love with Anyone](#) Jul 25 2022 In 2014, 33-year-old Mandy Len Catron went on a date with an acquaintance. They decided to try an experiment: inspired by a study designed to create romantic feelings, Mandy and Mark spent the evening asking each other 36 increasingly intimate questions, wondering if it would lead to them falling in love. In *How to Fall in Love with Anyone*, this experiment is Catron's starting point for

investigating what it means to love someone and to be loved, and how we present our love to the world. What makes love last? Can love ever work the way it seems to in films, books and social media? Is there a "right" way to fall in love? In these candid, charming and wise essays, Catron blends memoir with cultural and social commentary on the psychology, biology, history and literature of love. *How to Fall in Love with Anyone* is a deeply personal, yet universal investigation into the one thing we all want—or think we want—more than anything. Includes "To Fall in Love with Anyone, Do This", one of the most popular essays to appear in the *New York Times*' "Modern Love" column "In our age of total romantic confusion, Mandy Len Catron is a voice of good sense, warm humor, and consoling wisdom. Through the lens of her own relationships, she teaches us—with a deft, convincing intelligence—some of the vital moves in the art of love." —Alain de Botton, internationally bestselling author of *How Proust Can Change Your Life* and *The Course of Love* MANDY LEN CATRON lives in Vancouver, British Columbia. Her writing has appeared in the *New York Times* and the *Washington Post*. She writes about love and love stories at The Love Story Project, and teaches English and creative writing at the University of British Columbia.

[How to Love Myself and Others](#). Oct 16 2021 *How to Love Myself and Others* introduces young children how

to truly love themselves every day. Once they learn how to fill themselves up with self-love, it shows them how to give love to others no matter what people look like or where they come from. This book offers the opportunity for parents and children to talk about values that are the foundation of a truly happy life. Remembering that we all come from one love, let's go back there together.

How to Love a Jamaican Apr 10 2021 'In this thrilling debut collection Alexia Arthurs is all too easy to love.' - Zadie Smith
Tenderness and cruelty, loyalty and betrayal, ambition and regret – these are the tensions at the heart of Alexia Arthurs' debut book about Jamaican immigrants and their families back home. Some stories ask big questions about the things that define a person, others explode small moments of deep significance and lasting effect. Sweeping from close-knit island communities to the streets of New York City, How to Love a Jamaican offers a portrait of a nation, a people, and a way of life. Vibrant, lyrical and intimate, this collection of eleven short stories shows Alexia Arthurs to be one of the most dynamic and exciting young authors writing today. It includes the story "Bad Behavior", for which she won the Paris Review's Plimpton Prize.

The Way to Love May 11 2021 From the international bestselling author of Awareness, a pocket-sized guide that will bring you to new levels of spiritual awareness. The Way To Love contains the final flowering of Anthony

de Mello's thought, and in it he grapples with the ultimate question of love. In thirty-one meditations, he implores his readers with his usual pithiness to break through illusion, the great obstacle to love. "Love springs from awareness," de Mello insists, saying that it is only when we see others as they are that we can begin to really love. But not only must we seek to see others with clarity, we must examine ourselves without misconception. The task, however, is not easy. "The most painful act," de Mello says, "is the act of seeing. But in that act of seeing that love is born." Anthony De Mello was the director of the Sadhana Institute of Pastoral Counseling in Poona, India, and authored several books. *The Way To Love* is his last.

An Archdemon's Dilemma: How to Love Your Elf Bride: Volume 13 Jul 13 2021 Nephtheros has been possessed by Azazel, so Alshiera vows to kill her. Gremory has gone missing, and Kimaris has vanished in search of her. Bifrons's plans are coming to fruition. All the while, an army of ten thousand resurrected heroes looms in the distance. After months of relative peace and quiet, it is time for the all-out battle between Zagan and Shere Khan to begin. Everything is at stake as Zagan vows to protect his family and all of his subordinates, refusing to let a single one of them get hurt. What's more, Nephy requests that everything is resolved in three days so that Zagan's surprise birthday party can still be held.

Learn to Love Yourself Enough Aug 02 2020 Create a wealth of self-worth. In a black-and-white world, there are two types of people—those who love themselves too much (and walk over everybody else) or hate themselves for failing to achieve goals (and probably end up being taken advantage of by others). But, according to British marital therapist, Andrew G. Marshall, neither has a healthy perception of oneself. This is because the secret to self-esteem does not lie in the extremes of love and hate, but in the middle, in the gray area that teaches us to love ourselves just enough: enough to have love to offer others; enough to be open to receive love from others. Only when this kind of balance is created, can self-love exist. Like no other book on self-esteem ever written, Learn to Love Yourself Enough helps readers walk through life on middle ground by revealing the seven factors that, together, add up to a wealth of self-worth. Examine your relationship with your parents: Discover the six types of child-parent relationships and how to accept the legacy of your past. Find Forgiveness: Debunk the two myths about forgiveness and discover what can be gained from negative experiences. Don't let other people put you down: Recognize the five phases of projection and how understanding our own projections lead to better and happy relationships. Re-program your inner voice: Identify the three kinds of negative thinking that work

together to undermine self-confidence and whether they are based on fact or just opinion. Set realistic goals: Learn how perfectionism undermines self-esteem. Re-balance yourself: Understand that problems lurk in the extremes and why the middle way is the most successful way. Conquer Fears and Setbacks: Overcome the day-to-day problems that life and other people throw at us.

Black Women and Popular Culture Apr 22 2022 With the emergence of popular culture phenomena such as reality television, blogging, and social networking sites, it is important to examine the representation of Black women and the potential implications of those images, messages, and roles. Black Women and Popular Culture: The Conversation Continues provides such a comprehensive analysis. Using an array of theoretical frameworks and methodologies, this collection features cutting edge research from scholars interested in the relationship among media, society, perceptions, and Black women. The uniqueness of this book is that it serves as a compilation of "hot topics" including ABC's Scandal, Beyoncé's Visual Album, and Oprah's Instagram page. Other themes have roots in reality television, film, and hip hop, as well as issues of gender politics, domestic violence, and colorism. The discussion also extends to the presentation and inclusion of Black women in advertising, print, and digital media.

How to Love Your Wife Jan 27 2020 Some people have

suggested that a successful marriage requires tremendous insight to understand and super-human effort to achieve. Others contend that happy marriages are the purview of a lucky few. In this ground-breaking book, *How To Love Your Wife*, Dr. John Buri makes it clear he doesn't agree: thriving marriages can actually be achieved through sensible effort by reasonable people. But because the majority of marriages in this country consist of unions in which wives are more heavily invested in marital success than are their husbands, much of this sensible effort by reasonable people needs to be consistently initiated and maintained by men. In fact, men often hold the keys to bringing about the type of loving marriage they had hoped for when they first said "I do." In *How To Love Your Wife*, Dr. Buri makes these keys clear, understandable, and accessible.

How to Find Love Jan 07 2021 A guide to making wiser, more informed choices in love, drawing on in-depth analysis to explain our instinct for romantic self-sabotage.

10 Principles To Love Yourself: How to Start your Day and Sleep Peacefully Sep 15 2021 'At least love yourself before loving others' I know the title is much known to readers, but we disregard the lessons we know much in our lives. When we are born and commence our life, we encounter diverse people with different attributes to

achieve our purpose in life. Some teach us lessons while some remains with us, but this is not the way we should live our lives. We think we are candid and the finest curtain in front of the window, but life doesn't work like that. Most of the people waste half of their lives chasing hoax dreams, pretending to be theirs. If you don't know who you are then, you will never be able to know what you will become. 'We occupy many unconscious thoughts in our mind. When we think 100% we should write merely 1% which should be best, precise and useful.'

How to Love the Sh*t Out of Life Aug 14 2021 How to Love the Sh*t Out of Life is a self-help guide for young adults. It is about enjoying life and being positive. Hurley takes experiences from the people in her life and observations of those around her, to showcase these positive strategies. She is not a professional life-coach, but her experiences have provided her with a rich background to draw from and the reader will realise she is someone they can relate to in everyday situations. Her humour and her well founded 'common sense' make this an enjoyable and enlightening read.

You Know How to Love Apr 29 2020 A celebration of the power we all have inside of us to be loving and kind, perfect for fans of The Wonderful Things You Will Be and Oh, the Places You'll Go! It starts at the start when you can't even talk. Before you stand up and learn how

to walk. Deep in your heart the knowing is there. You know how to love and you know how to care. With warm, gentle rhymes and soft, sweet art, this book celebrates the power we all have to love, and to use that love to make the whole world a better, kinder, more welcoming place.

How to Love and Be Loved Feb 20 2022 Have More Harmony in Your Life. Friendship, love, marriage, and children can offer us our greatest joys in life or our greatest sorrows. Selfless love is the essential key to happiness in all our relationships, but how do we practice it? This is the third book in The Wisdom of Yogananda series. The series features writings not available elsewhere, that capture the Master's expansive and compassionate wisdom. In this book Paramhansa Yogananda, one of the best-loved spiritual teachers of the twentieth century, shares fresh inspiration and practical guidance on: Friendship: broadening your sympathies and expanding the boundaries of your love; How to cure bad habits that spell the death of true friendship: judgment, jealousy, over-sensitivity, unkindness, and more; How to choose the right partner and create a lasting marriage; Sex in marriage and how to conceive a spiritual child; Problems that arise in marriage and what to do about them; Experiencing the Universal Love behind all your relationships. The Wisdom of Yogananda series features

writings of Paramhansa Yogananda not available elsewhere. These books capture the Master's expansive and compassionate wisdom, his sense of fun, and his practical spiritual guidance. The books include writings from his earliest years in America, in an approachable, easy-to-read format. The words of the Master are presented with minimal editing, to capture the fresh and original voice of one of the most highly regarded spiritual teachers of the twentieth century.

All About Love Sep 27 2022 A New York Times bestseller and enduring classic, All About Love is the acclaimed first volume in feminist icon bell hooks' "Love Song to the Nation" trilogy. All About Love reveals what causes a polarized society, and how to heal the divisions that cause suffering. Here is the truth about love, and inspiration to help us instill caring, compassion, and strength in our homes, schools, and workplaces. "The word "love" is most often defined as a noun, yet we would all love better if we used it as a verb," writes bell hooks as she comes out fighting and on fire in All About Love. Here, at her most provocative and intensely personal, renowned scholar, cultural critic and feminist bell hooks offers a proactive new ethic for a society bereft with lovelessness--not the lack of romance, but the lack of care, compassion, and unity. People are divided, she declares, by society's failure to provide a model for learning to love. As bell hooks uses her

incisive mind to explore the question "What is love?" her answers strike at both the mind and heart. Razing the cultural paradigm that the ideal love is infused with sex and desire, she provides a new path to love that is sacred, redemptive, and healing for individuals and for a nation. The Utne Reader declared bell hooks one of the "100 Visionaries Who Can Change Your Life." All About Love is a powerful, timely affirmation of just how profoundly her revelations can change hearts and minds for the better.

How to Stop Looking for Someone Perfect and Find Someone to Love Mar 21 2022 A guide to choosing someone to love discusses the basic rules for selecting the right person, how to broaden the range of potential mates, legitimate expectations, and other key strategies

Get the Guy Oct 24 2019 _____ Written by the hottest dating coach on the scene, Matthew Hussey, this book offers clear, honest and practical advice for women on how to find their ideal man - and, importantly, how to keep him. Using simple steps, Matthew guides us through the complex maze of dating and shows us just how to find the guy, get the guy and keep the guy. In Get the Guy, Matthew shares his dating secrets and provides women with the toolkit they need to approach men, and to create and maintain relationships. Along the way, he explodes some commonly held myths about what it is that guys really want, shares strategies

on how women can take control of their dating destinies and empowers them to go out there and find an exhilarating, adventurous love life.

Is it Love Or is it Addiction? Feb 26 2020 This groundbreaking book, with more than 150,000 copies sold, is back by popular demand. Updated with new data and examples, Is It Love or Is It Addiction? helps the reader distinguish between healthy love and destructive relationships. Brenda Schaeffer provides a seven-step plan for breaking free from dysfunctional, co-dependent patterns.

How to Love Jun 24 2022 For fans of Sarah Dessen and John Green, this is a breathtaking debut about a couple who fall in love...twice. Before: Reena Montero has loved Sawyer LeGrande for as long as she can remember. But he's never noticed that Reena even exists...until one day, impossibly, he does. Reena and Sawyer fall in messy, complicated love. Then Sawyer disappears without a word, leaving a devastated—and pregnant—Reena behind. After: Almost three years have passed, and there's a new love in Reena's life: her daughter. Reena's gotten used to life without Sawyer, but just as suddenly as he disappeared, he turns up again. Reena wants nothing to do with him, though she'd be lying if she said his being back wasn't stirring something in her. After everything that's happened, can Reena really let herself love Sawyer LeGrande again?

Teach Me how to Love You May 23 2022 GIFT LOCAL
06-01-2004 \$16.99.

The Five Love Languages Oct 28 2022 Explores the all-important languages of love, helping each partner discover which actions are interpreted by the other as loving and affirming, and which as indifferent and demeaning. With study guide.

How to Love Your Wife Jun 12 2021 But because the majority of marriages in this country consist of unions in which wives are more heavily invested in marital success than are their husbands, much of this sensible effort by reasonable people needs to be consistently initiated and maintained by men. In fact, men often hold the keys to bringing about the type of loving marriage they had hoped for when they first said 'I do.' In How To Love Your Wife, Dr. Buri makes these keys clear, understandable, and accessible.

How to Love Nov 29 2022 Large print.

How to Love Yourself Aug 22 2019 The journey to self-love can seem treacherous, especially in times of struggle. In this book, spiritual leader and bestselling author Teal Swan reveals that self-love is always achievable, whatever the circumstances. Through a comprehensive self-love toolkit, she shows you how to love yourself and heal your life. In this revised and updated edition of the popular *Shadows Before Dawn*, Teal bares her own experiences as an alienated

extrasensory child and victim of abuse, revealing how she turned her life around, overcame self-hate and transformed her suffering into self-love and joy. To guide you on your own journey of healing and transformation, Teal shares the 29 extraordinary methods and techniques that she used to find self-love. These life-changing tools will help you to develop self-worth, practice self-love, learn to "fill your own cup", love your body and step into your purpose. Fans of *The Anatomy of Loneliness* will appreciate this no-nonsense guide from Teal on how to love yourself, even when life gets tough.

[How to Love Animals](#) Sep 22 2019 A far-reaching, urgent, and thoroughly engaging exploration of our relationship with animals - from the acclaimed Financial Times journalist. This might be the worst time in history to be an animal. But is there a happier way? Factory farms, climate change, deforestation and pandemics have made our relationship with the other species unsustainable. In response, Henry Mance sets out on a personal quest to see if there is a fairer way to live alongside the animals we love. He goes to work in an abattoir and on a farm to investigate the reality of eating meat and dairy. He explores our dilemmas around over-fishing the seas, visiting zoos and owning pets, and he meets the chefs, activists, scientists and tech visionaries who are redefining how we think about animals. A Times

Book of the Year

How to Fall in Love - A 10-Step Journey to the Heart

Aug 26 2022 Are you struggling to understand why you're single and why none of your relationships work out? Do you find yourself drawn to men or women who won't commit? Do you wonder if you'll ever meet your match? How to Fall in Love is a relationships guide with a difference, written for those who want to explore the real reasons for their singleness.

How to Be an Adult in Love Dec 26 2019 We were made to love and be loved. Loving ourselves and others is in our genetic code. It's nothing other than the purpose of our lives—but knowing that doesn't make it easy to do. We may find it a challenge to love ourselves. We may have a hard time letting love in from others. We're often afraid of getting hurt. It is also sometimes scary for us to share love with those around us—and love that isn't shared leaves us feeling flat and unfulfilled. David Richo provides the tools here for learning how to love in evolved adult ways—beginning with getting past the barriers that keep us from loving ourselves, then showing how we can learn to open to love others. He provides wisdom from Buddhism, psychology, and a range of spiritual traditions, along with a wealth of practices both for avoiding the pitfalls that can occur in love relationships and for enhancing the way love shows up in our lives. He then leads us on to love's inevitable

outcome: developing a heart that loves universally and indiscriminately. This transcendent and unconditional love isn't just for a heroic few, Dave shows, it's everyone's magnificent calling.

How To Love Dec 30 2022 How to Love is part of a charming series of books from Zen Master, Thich Nhat Hanh, exploring the essential foundations of mindful meditation and practise. How to Love shows that when we feel closer to our loved ones, we are also more connected to the world as a whole. Nhat Hanh brings his signature clarity, compassion and humour to the thorny question of how to love and distils one of our strongest emotions down to four essentials: you can only love another when you feel true love for yourself; love is understanding; understanding brings compassion; and deep listening and loving speech are key ways of showing our love.

how to love and keep loving Nov 17 2021 "how to love and keep loving" is a transformative guide for anyone looking to unlock the secrets of lasting love. written with expertise and emotion, this book provides a combination of practical and idealistic advice on how to cultivate meaningful relationships. from building trust through open communication to creating an atmosphere of safety and security, "how to love and keep loving" helps readers explore the depths of their emotions while taking concrete steps towards forming deeper connections. this

book also outlines tools that can be used in moments when love starts to feel distant or difficult to navigate. learn to recognize patterns in your relationships, understand the nuance of human connection, and nurture lasting bonds with those you hold dear—all with the help of "how to love and keep loving".

Journey to Love Sep 03 2020 Your whole life you've wondered about the distance from here to there. From where you are to the place where you feel truly loved. From who you are to the person you want to be. What if the journey begins as you read these words? And the question is not whether you deserve it, or whether you have capacity for it, but whether you'll open your heart open this book and take the next step. Journey to Love offers 40 short, story-driven reflections about how to increase your capacity to give and receive love. Practical exercises and reflection questions will guide you through the journey on your own or with a friend. You are not fundamentally separated from love. Love is accessible. Love is available to you. Book jacket.