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Awaken to Love: A Mindful Path to Healing Your Heart and Transforming Your Relationship (Paperback)

By Mia Rose D Ed (Psych)

Balboa Press, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In this powerfully perceptive book on the spiritual journey of love, psychologist and relationship expert Dr. Mia Rose shares her wisdom on creating happy, healthy, and harmonious relationships. Bringing the insights of contemporary psychotherapy together with the universal truths of the great spiritual traditions, she sets aside the traditional methods of couples therapy to help you tap into your deepest capacity to love fiercely and fearlessly. You can choose a joyful path in your intimate relationship if you are willing to let go of the past and align your actions with your vision of what you truly desire in love. You will learn the true meaning of love and how to - stop living in the centre of your painful emotions; - tune in to your inner voice of wisdom; - bridge the gap between your mind and emotions; - celebrate happy moments; - embrace the dance of intimacy and passion; - practise mindfulness to stay in the flow of love; and - create a real spiritual bond that lasts a lifetime. Filled with love illuminations and mindfulness moments, here is a...



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Reviews

Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Otis Wisoky**

This publication is great. It is full of wisdom and knowledge. You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).

-- **Dr. Everett Dicki DDS**