



Fidelity: How to Create a Loving Relationship That Lasts

By Thich Nhat Hanh

Parallax Press. Hardcover. Book Condition: New. Hardcover. 144 pages. Dimensions: 7.1in. x 5.0in. x 0.6in. What does healthy intimacy look like How we do we keep the energy and passion alive in long-term relationships What practices can help us forgive our partner when he or she has hurt us How can we get a new relationship off to a strong and stable start What do we do if we feel restless in a relationship or attracted to someone outside of our partner These are just some of the questions Zen master and Nobel Peace Prize nominee Thich Nhat Hanh has been asked by practitioners and readers alike. Deeply moved by the suffering that can be caused by these issues, he offers concrete guidance in his first ever writings on intimacy and healthy sexuality. Fidelity guides the reader to an understanding about how we can maintain our relationships; keep them fresh, and accepting and loving our partner for who they are. Fidelity gives concrete advice on how to stay attentive and nourishing of each other amidst the many responsibilities and pressures of daily life. Readers will learn how to foster open communication, dealing with anger and other strong emotions, learning to forgive,...



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