



# Teachings on Love

*Thich Nhat Hanh*

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# Teachings on Love

*Thich Nhat Hanh*

## **Teachings on Love** Thich Nhat Hanh

Weaving together traditional stories, personal experiences, and a deep understanding of the Buddha's way of mindful living, Thich Nhat Hanh provides step-by-step practices that foster understanding and intimacy in any relationship and extend our love even to those that cause us pain. *Teachings on Love* is a treasure-trove of guidance for couples, co-workers, or friends who wish to nourish the gift and strength of their relationships and deal creatively with their weaknesses and difficulties. We all yearn to experience a love that is deeper and more joyful. *Teachings on Love* provides a time-tested path that anyone can follow to nurture the deepest love in ourselves and others.

With a new introductory chapter by Thich Nhat Hanh

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