



## **Right Here with You: Bringing Mindful Awareness into Our Relationships (A Shambhala Sun Book)**

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# Right Here with You: Bringing Mindful Awareness into Our Relationships (A Shambhala Sun Book)

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In recent years scientists have discovered that mindfulness can reduce stress, improve mood, and enhance our sense of well-being. In this book, readers learn how mindfulness can be brought to bear in our relationships to increase intimacy, strengthen communication, and help us to find greater fulfillment.

Topics in this collection include how to open your heart and develop lovingkindness for yourself and others, how to improve communication through mindful speech and deep listening, noticing and counteracting destructive patterns, and discovering how intimate relationships can become a rich form of spiritual practice.

Chapters and contributors include:

- Zen teacher **Thich Nhat Hanh** on what mindfulness is and why it lies at the heart real love
- Psychotherapist **David Richo** on finding a partner
- Psychotherapist and meditation teacher **Tara Brach** on the power of forgiveness
- **Rabbi Harold Kushner** on striving to give love rather than get it
- Novelist **Jane Hamilton** on a marital meltdown—and recovery
- Meditation teacher **Susan Piver** on the value of heartbreak
- Psychologist **John Welwood** on relationships as a path of personal and spiritual growth

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