

Love & relationships

Description

To Jesus:

Love & relationships

Love

Reading books on love by people, usually psychotherapists, who came to the conclusion they didn't know enough about love, researched love, read hundreds of books, talked with dozens if not hundreds of couples with long lasting loving relationships, worked to incorporate what they learned into their professional & personal lives, then many years later write a book about what they've learned, can change our lives.

Reading the best books on love can energize us to make enormous changes in our lives, & bring us happiness with ourselves & our loved ones.

Recommendations

People go on youtube often watch some videos from each author then read & reread (because relationships change over time) the

books (audiobook format as well), alone or together their partner:

Some of the wording in some of the books is older. I sub “people” for men & mankind. In Men are from Mars, Women from Venus, people of different genders & preferences often find some of themselves in both parts.

Love by Leo Buscaglia

Leo BuscagliaPT1 youtube.com/watch?v=1cbAW1aE3UY

Leo BuscagliaPT2 youtube.com/watch?v=hdKDRO3NQ4c

Leo Buscaglia Love Lectures – CPTV Programming – Dec 9 1987
youtube.com/watch?v=2DkFAIINs80

Seven Principles for Making Marriage Work by John Gottman & Nan Silver (lots of videos available)

Hold Me Tight by Sue Johnson

The Five Love Languages by Gary Chapman

Men Are From Mars, Women Are From Venus by John Gray

It can happen to you: the practical guide to romantic love by Roger Callahan with Karen Levine

The Romance Factor by Alan Loy McGuinness

Read the online essay by Mandy Len Catron “To Fall in Love With Anyone, Do This,” with your partner

inc.com/melanie-curtin/the-36-questions-scientists-say-can-make-any-two-people-fall-in-love.html

Happiness with self & others

Daily compassion & gratitude contemplation/meditation & when with people loving kindness contemplation/meditation appears to help happiness the most of any other practice, & social interactions. When someone's behavior feels difficult, envisioning them as the children they were helps us to have empathy.

Check in-

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What you did that is working in the relationship,

What I think I'm doing that's working in the relationship,

What I want more of.

Category

1. Uncategorized

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