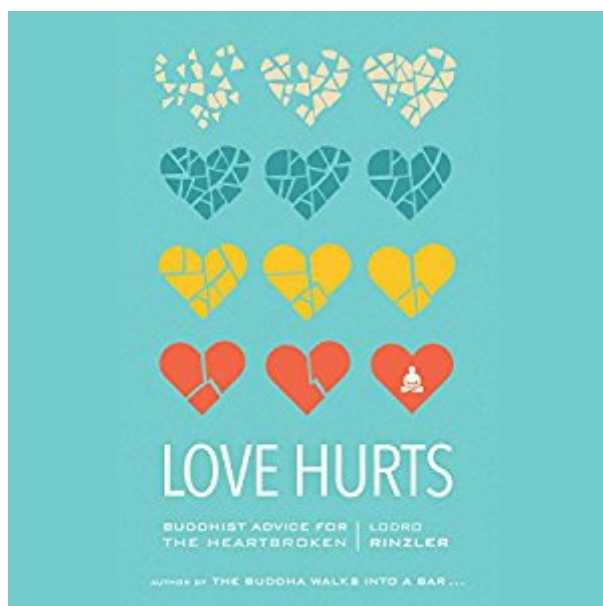


The book was found

Love Hurts: Buddhist Advice For The Heartbroken



Synopsis

Buddhism has a lot to say about suffering - and there are likely few times we suffer more intensely than when we break up with a romantic partner. It feels like you may never recover sometimes. But Lodro Rinzler has wonderfully good news for those suffering heartbreak: The 2,500-year-old teachings of the Buddha are the ultimate antidote for emotional pain. And you don't need to be a Buddhist for them to apply to you. In this short and compact first-aid kit for a broken heart, he walks you through the cause and cure of suffering, with much practical advice for self-care as you work to survive a breakup. The wisdom he presents applies to any kind of emotional suffering.

Book Information

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Customer Reviews

Love Hurts is a beautiful handbook for the heart written with genuine concern in the spirit of companionship. While it is a book full of sound advice for the brokenhearted, it is also a precious gift of love to all of us from someone who truly gives a damn about our world. I cherish this book because it is a small sure voice of sanity and kindness in an uncertain time so full of madness and suffering. Love Hurts is a must-have for the bookshelf, but it's small enough for coat pocket (for the times you really need it close by). It would be a good idea to have several copies that can be given to friends/family during times of loss -- the gift would show them they are not alone and the advice might save a life.

Not what I expected but helpful nonetheless. I have gone back and re-read a few chapters. I was in

the midst of a very painful breakup and needed help and guidance on how to deal with a person who has horrible trauma and won't recover. I wanted help in being compassionate about it so that I could extend metta toward them. This book helped a bit in that department. It's a start.

Absolutely loved this little book. Its a really nice compact size for my purse to carry around with me. I am reading this book for the second time, and I love it. It helped me sooo much the first time I read it and I had a lot of "aha" moments. I ended up trying to work things out with my ex and it didn't work out, was feeling down again, so I grabbed this book to read again because it provides comfort. Its very REAL, and makes you think of others and their issues, and how pain is inevitable, so we must effectively learn how to manage it. This book is such a great resource, I know I will come back to this book again in the future because its not just about a breakup, it is anything that happens that hurts the heart. Great book and highly recommend!

Lodro does it again! From start to finish this book covers all the aspect of learning how to effectively recover from heartbreak...even when everything seems at a loss. This is a perfect gift for someone going through heartbreak...of if you are experiencing it yourself.

Realistic, honest, and uplifting. Teachings, anecdotes, and stories from many angles and many voices, personal and universal. There is something here for you whether you suffered loss yesterday, years ago, or feel it perpetually because of the state of our world.

Everything Lodro Rinzler writes is amazing. I own all of his books. He takes everyday situations and proposes spiritual ways to deal with them without such lofty expectations. He's very realistic and that is something I need.

Such a good book!. Easy and fun to read. Plain language and message. Very practical. Loved the way the author wrote it and even the recommendations at the end. I found the book very useful. I felt much better about my feelings and how to handle them after I read the book.

This book is my BIBLE. Love it, and sent this copy to my ex to help with his healing as well.

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asian, ... monastery, southeast, east, pilgrimage) Buddhist Quotes: Meditation, Happiness, Inner Peace.: Spirituality and Buddhism: Bouddha, Zen, Thich Nhat Hanh, DalaÃ -Lamaâ | (Buddhism, Bouddha, Buddhist ... & Spirituality, DalaÃ Lama, Zen. Book 1) Aloha: Love, Suite Love/Fixed by Love/Game of Love/It All Adds Up to Love (Inspirational Romance Collection) Religious Diversityâ "Whatâ™s the Problem?: Buddhist Advice for Flourishing with Religious Diversity The Enabler: When Helping Hurts the Ones You Love When Love Hurts: A Woman's Guide to Understanding Abuse in Relationships They Loved with a Closed Fist: When Love Hurts: A True Story of Family Abuse and Survival Advice from the Lotus-Born: A Collection of Padmasambhavas Advice to the Dakini Yeshe Tsogyal and Other Close Disciples To Date a Man, You Must Understand Yourself: The Journey of Two Women: Dating Advice For Women (Relationship and Dating Advice for Women Book 10) The Whole Library Handbook 5: Current Data, Professional Advice, and Curiosa About Libraries and Library Services (Whole Library Handbook: Current Data, Professional Advice, & Curios) The First Time Hurts (Gay, First Time, Spanking, Man of the House, Taboo) Beauty Sick: How the Cultural Obsession with Appearance Hurts Girls and Women Denial: How Refusing to Face the Facts about Our Autism Epidemic Hurts Children, Families, and Our Future Worried Sick: How Stress Hurts Us and How to Bounce Back (Pinpoints) Losing Control, Finding Serenity: How the Need to Control Hurts Us and How to Let It Go Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts It Hurts When I Poop! a Story for Children Who Are Scared to Use the Potty I Know the World's Worst Secret: A Child's Book about Living with an Alcoholic Parent (Hurts of Childhood Series) When Rain Hurts: An Adoptive Mother's Journey with Fetal Alcohol Syndrome

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