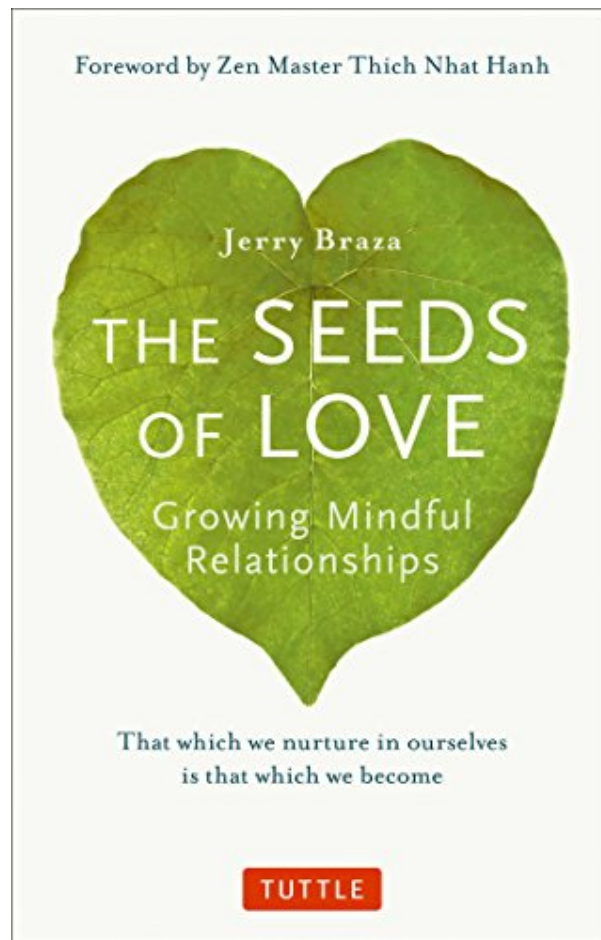


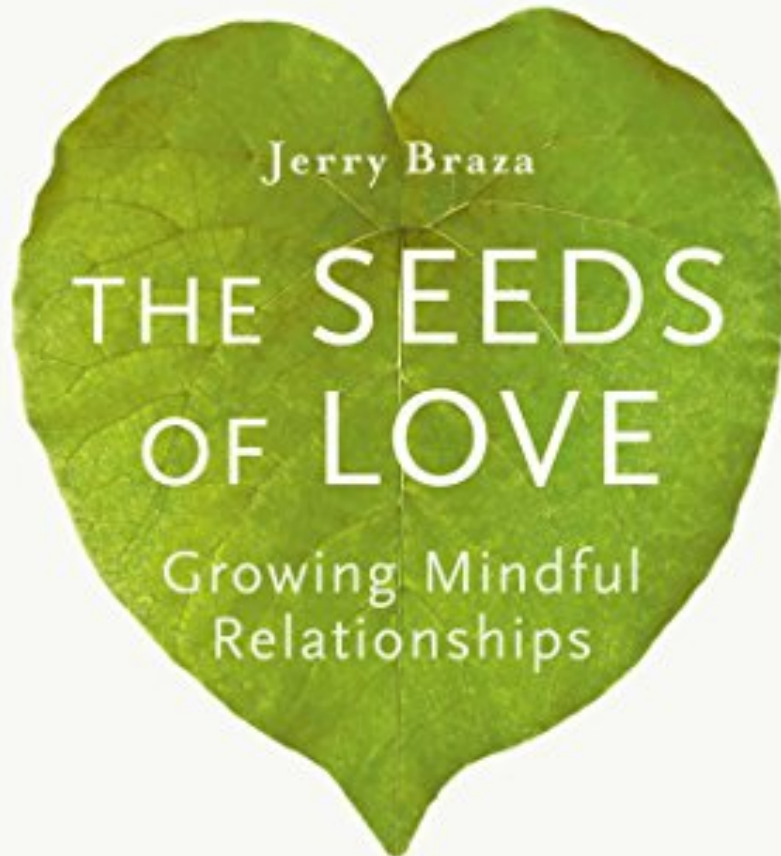
THE SEEDS OF LOVE: GROWING MINDFUL RELATIONSHIPS BY JERRY BRAZA PH.D.



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Foreword by Zen Master Thich Nhat Hanh



That which we nurture in ourselves
is that which we become

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Review

"Both down-to-earth and profound, this book explains how to be mindful of the garden of your life—and then out of kindness to yourself and others, pull weeds and plant flowers. Deceptively simple, it is actually a comprehensive guide to the seeds of true happiness and loving relationships. A lovely, wise, encouraging, first-rate book." —Rick Hanson, Ph.D., author of Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom

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About the Author

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Using the garden as a metaphor, *The Seeds of Love* offers a process for creating mindfulness.

From a Buddhist perspective, everything affects our consciousness and enters metaphorically as a seed. Through the development of the practice of mindfulness, and using its tools to maintain a state of awareness and openness to self and others. Readers interested in Zen Buddhism will learn how to nurture such seeds as compassion, joy and generosity and to use personal challenges such as jealousy, anger and self doubt as a means of growth.

Using precepts from many faiths and traditions, *The Seeds of Love* fosters the practice of using simple, basic actions to reach the best within ourselves and share it with those around us. It will be an invaluable guide to anyone seeking deeper and more conscious relationships.

- Sales Rank: #679996 in Books
- Published on: 2017-03-07
- Released on: 2017-03-07
- Original language: English
- Dimensions: .31" h x .50" w x 5.13" l, .0 pounds
- Binding: Paperback
- 192 pages

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Most helpful customer reviews

3 of 3 people found the following review helpful.

A Terrific Manual for My Healthy Relationships Class!

By S. Sellers

I waited a few terms to see if the outcomes were consistent and to get student feedback, and after three terms of use, I think its safe to say, this book is applicable, appealing, and awesome for anyone of critical thinking age.

This past term students in my relationships course did a 1 hour and 50 minute presentation using Seeds of Love and the entire class was so involved, interested, and engaged, I let them go way over their 45 minute time limit. Not one complaint, instead there were nods and smiles of gratitude and approval for making the exception.

Of the 7 different books I use in a variety of ways, *Watering the Seeds of Love* consistently gets the best reviews and self reflective conversations going. The quality of the projects that students are able to come up with exceed all expectations and best of all, they really enjoy reading the book. The chapters are relate-able with very easy practices for each concept. The metaphor is both beautiful and tangible. Students reported, "Dr. Braza does a really good job at explaining what goes on in an individual's head in a simple manner. And basically, people need to spend more time in the present moment as this is really the only time when someone can truly experience or receive love. We "love" the acronym W.I.N."

I think when a book speaks to and appeals to college students in a way that changes attitude, knowledge,

skills and behavior around love, life, and relationships...it must be good.

There are so many different ways for me to use this book both personally and professionally. I am grateful for the the writing, meaning, and moment.

0 of 0 people found the following review helpful.

A good book! Be prepared to think.

By Lynne Dwyer

This book is amazing if you are interested in the Buddhist way of thinking about life with love as a central theme. It is not easy or a fast read because the concepts are presented in a way that is so different from the way we usually process emotions and thoughts that I have had to read a bit - reflect and re read to see whether I really could move out of my every day mind set and absorb the others message. The writing is well done and beautiful. If only we could have a world aspire to the level of depth that these concepts suggest I think there would be a lot less suffering in the realm that we have some control to change.

1 of 1 people found the following review helpful.

A security blanket for the soul and a beacon for a new way of living

By GT

Seeds of Love is a synopsis of the wisdom of Buddhism, boiled down to the most critical elements in bite size easily digestible chunks, of how to begin the journey into living mindfully and more peacefully with oneself and others. However, don't be fooled into thinking that bite sized means lacking depth, for the shared wisdom and the grace in the delivery means readers should read this book at least three times to get each nugget for living with compassion, joy, grace, equanimity, serenity and peace while exploring the unhealthy seeds that have been watered (by others and self). It is beautifully written, worth holding onto and most certainly worth sharing.

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