

MAKING LOVE LAST

*How to Sustain Intimacy and
Nurture Genuine Connection*



David Richo

Author of How to Be an Adult in Relationships

SHAMBHALA
AUDIO

Making Love Last How To Sustain Intimacy And Nurture Genuine Connection

Jiyuan Zhang



Making Love Last How To Sustain Intimacy And Nurture Genuine Connection:

How to Be an Adult in Love David Richo, 2014-01-07 We were made to love and be loved Loving ourselves and others is in our genetic code It s nothing other than the purpose of our lives but knowing that doesn t make it easy to do We may find it a challenge to love ourselves We may have a hard time letting love in from others We re often afraid of getting hurt It is also sometimes scary for us to share love with those around us and love that isn t shared leaves us feeling flat and unfulfilled David Richo provides the tools here for learning how to love in evolved adult ways beginning with getting past the barriers that keep us from loving ourselves then showing how we can learn to open to love others He provides wisdom from Buddhism psychology and a range of spiritual traditions along with a wealth of practices both for avoiding the pitfalls that can occur in love relationships and for enhancing the way love shows up in our lives He then leads us on to love s inevitable outcome developing a heart that loves universally and indiscriminately This transcendent and unconditional love isn t just for a heroic few Dave shows it s everyone s magnificent calling

You Are Not What You Think David Richo, 2015-12-29 You and your ego how to develop strong self confidence without becoming an egotist so you can be happy with who you are and make others love you too How can you build the healthy ego necessary to be effective in life yet avoid the kind of egotism that makes people dislike you Don t worry Dave Richo has the answers You Are Not What You Think shows you how to navigate the tricky waters between egotism and selflessness in a way that avoids both extremes and makes you much more effective and loving The key is to acknowledge your ego and to be kind to it before you ultimately learn to let it go As with all Dave s books this one is full of examples from mythology psychology and religion with plenty of exercises and practical advice

The Five Longings David Richo, 2017-04-18 How identifying what you want can reveal deep truths about yourself and how working with those longings can lead to a happier more satisfying life If you ve ever had a vague sense that something s missing from your life congratulations that longing for something better is a sign of being fully human fully alive But what s even more wonderful according to Dave Richo is that when you identify and carefully examine the things you long for like love meaning freedom happiness and growth you not only discover deep truths about yourself but you also find that the things you long for were never really missing at all Richo provides enlightening advice and practices for accessing just this kind of profound self discovery illustrated by a wealth of examples from depth psychology religion and literature Our longings in fact point to the presence of something transcendent in us he shows In seeking something better we are seeking that which we already are David Richo does a brilliant job unpacking the unhealthy versions of ego that confine us Through psychological and Buddhist wisdom teachings and a range of powerful practices and meditations we are guided beyond the identity of separate self to the loving awareness that is our deepest essence Tara Brach PhD author of *Radical Acceptance* and *True Refuge*

How to Be an Adult in Relationships David Richo, 2002-06-18 Most people think of love as a feeling says David Richo but love is not so much a feeling as a way of being present In this book Richo offers a fresh perspective on

love and relationships one that focuses not on finding an ideal mate but on becoming a more loving and realistic person Drawing on the Buddhist concept of mindfulness *How to Be an Adult in Relationships* explores five hallmarks of mindful loving and how they play a key role in our relationships throughout life 1 Attention to the present moment observing listening and noticing all the feelings at play in our relationships 2 Acceptance of ourselves and others just as we are 3 Appreciation of all our gifts our limits our longings and our poignant human predicament 4 Affection shown through holding and touching in respectful ways 5 Allowing life and love to be just as they are with all their ecstasy and ache without trying to take control When deeply understood and applied these five simple concepts what Richo calls the five A s form the basis of mature love They help us to move away from judgment fear and blame to a position of openness compassion and realism about life and relationships By giving and receiving these five A s relationships become deeper and more meaningful and they become a ground for personal transformation

Shadow Dance David Richo, 2024-01-02 Discover how to embrace the dark side of your personality the unconscious and repressed aspects or the shadow self as introduced by Carl Jung to live a fuller more authentic life 25th Anniversary Edition Our shadow is the collection of negative or undesirable traits we keep hidden the things we don't like about ourselves or are ashamed of but it also includes our positive untapped potential The shadow is often a source of creative inspiration and greater self acceptance Befriending the shadow makes fear an ally and enables us to live more authentically It also automatically improves our interpersonal relationships because we are freed from the need to project our own negativity onto others and we become more acutely aware when theirs is projected onto us David Richo looks for where the shadow manifests in our personal life family interactions religion relationships and the world around us He shows how to use the gentle practice of mindfulness to work with our shadow side and he provides numerous exercises for going deeper He is remarkably skillful at making the shadow concept not only easy to understand but supremely practical for enhancing the quality of our lives

The Power of Grace David Richo, 2014-10-14 The universe supports you and is offering to help you in very concrete ways Best selling self help author Dave Richo shows how to recognize this help that's all around us Grace and how to access it Grace is the term Dave Richo uses to describe any of those events in which help comes your way unexpectedly when the solution to a perplexing problem just suddenly pops into your head when you suddenly find the strength to rise to an occasion you didn't think you could endure when the next phase in your spiritual path becomes plain as day Moments of Grace usually come as surprises but Richo shows we can learn to expect them for Grace is a resource any of us can access He begins by showing where to look to recognize the Grace that surrounds you in nature in religion spirituality in relationships in yourself He then provides practical exercises for learning how to manifest Grace in your life to recognize and claim the help the universe is constantly offering you

Daring to Trust David Richo, 2011-07-26 The best selling author of *How to Be an Adult in Relationships* explains how to build trust the essential ingredient in successful relationships in spite of fear or past betrayals Most relationship problems are essentially trust issues explains

psychotherapist David Richo Whether it's fear of commitment insecurity jealousy or a tendency to be controlling the real obstacle is a fundamental lack of trust both in ourselves and in our partner *Daring to Trust* explores the importance of trust throughout our emotional lives how it develops in childhood and how it becomes an essential ingredient in healthy adult relationships It offers key insights and practical exercises for exploring and addressing our trust issues in relationships Topics include How we learn early in life to trust others or not to trust them Why we fear trusting Developing greater trust in ourselves as the basis for trusting others How to know if someone is trustworthy Na ve trust vs healthy adult trust What to do when trust is broken Ultimately Richo explains we must develop trust in four directions toward ourselves toward others toward life as it is and toward a higher power or spiritual path These four types of trust are not only the basis of healthy relationships they are also the foundation of emotional well being and freedom from fear

How to Be an Adult in Faith and Spirituality David Richo, 2011 What does a genuinely adult spirituality look like Many adults find it difficult to answer this question because they often retain a childlike understanding of God and religion This book explores that phenomenon and then offers adult alternatives in the light of mysticism depth psychology and the evolutionary cosmology Written for the average person and without denominational bias this book describes how a mature faith is nourished by religious views that are open minded rather than provincial metaphorical rather than literal and respectful of individuality rather than rigid and rule bound *How to Be an Adult in Faith and Spirituality* offers a gentle reply to the atheism of our postmodern world by guiding readers along a path of enriching spiritual growth and by awakening them to the potential of the transcendent the place within us and beyond us where true and lasting faith abounds Book jacket

Coming Home to Who You Are David Richo, 2011-12-27 We already possess everything we need to have satisfying relationships and a happy fulfilling life all we need to do is learn how to bring forth our natural wisdom which includes our innate kindness understanding and courage Psychotherapist David Richo draws on four decades of his counseling experience to create this manual on how to nurture the best in ourselves and our relationships He teaches how to access our natural abilities to Care for ourselves as the basis of caring for others Find freedom from fear Maintain healthy boundaries in relationships Develop greater honesty with ourselves and others Let go of regret The book also includes practical exercises including journaling contemplation and guided meditations to foster inward growth and lasting positive change This book is a completely revised and updated edition of *Everyday Commitments*

By Your Side David Richo, 2024-09-24 A fascinating exploration of the assisting force archetype with powerful psychological tools and spiritual insights on how to find and work with these forces in your life from the bestselling author of *How To Be An Adult in Relationships* Psychotherapist David Richo draws from history Jungian psychology Buddhism nature and other spiritual traditions to illuminate our connection to the helpers we call upon to navigate life Some of the assisting forces in our lives are visible and some are invisible Some are with us for life some come and go Spiritual assisting forces could be bodhisattvas and saints or partners in a relationship who are allies to one another

Richo says that helpers are a necessary character on our human journey and that in every heroic journey story the hero or heroine requires a trustworthy companion to fulfill his or her destiny. The assisting force can take many forms but is often depicted as a sidekick, an aide, a wise advisor, or a spirit guide. In stories, an assisting force can also be an elixir, a magic form of help, an animal, or a wish-fulfilling gem. In this fascinating inquiry, Richo posits that the archetype of the ally is necessary if we are ever to be fully who we are. He shows us how assisting forces are in and around us and how we can be one to others. Richo offers a compelling and accessible view and time-tested practices including meditation, self-inquiry, journaling, and affirmations that help us recognize and access the allies in our lives.

Los cinco anhelos David Richo, 2018-03-23 Por qu pensamos que estamos incompletos, que somos infelices, o que tenemos un vacío en nuestro interior? Richo nos invita a echar un vistazo muy íntimo a varias facetas del ser humano para explicar por qué siempre tenemos ese anhelo de tener más: ya sea amor, felicidad, libertad, madurez, o significado de nuestra existencia. Este libro es un recorrido por cada uno de los cinco anhelos para ver cómo es que podemos conocernos a través de ellos en el camino hacia la plenitud. Quién no ha querido sentirse más amado, feliz, libre, inteligente, o maduro? David Richo aborda estas ansias siempre insatisfechas de manera crítica y explica la forma en la que suelen despertarse en nuestras vidas. La búsqueda de significado, por ejemplo, proviene del amor en nuestra infancia; nuestro espíritu de libertad despierta cuando sentimos que nos controlan, y el crecimiento viene de nuestro interés por permanecer estimulados. En *Los cinco anhelos*, los cuestionamientos e ideas que el autor comparte no sólo te harán reflexionar acerca de tu propia vida, también te ayudarán a entender que esos deseos de más son precisamente los que nos constituyen como seres humanos.

Love, Life, and Parenthood: Making Time for Intimacy as a Busy Mum Sophie Frazer, Between school runs, work deadlines, and endless to-do lists, finding time for intimacy can feel like an impossible task for busy mums. *Love, Life, and Parenthood* is here to help you rediscover the balance between being a devoted parent and a fulfilled partner. This compassionate and practical guide is packed with tips for carving out time for connection and intimacy, even in the busiest of schedules. From overcoming exhaustion and managing stress to fostering emotional closeness and reigniting passion, this book addresses the unique challenges faced by modern mothers. It's not about adding another task to your plate; it's about creating space for moments of love, joy, and partnership amidst the chaos of daily life. With actionable strategies, relatable advice, and plenty of humor, *Love, Life, and Parenthood* offers a guilt-free roadmap to prioritizing your relationship without compromising your role as a mum. Whether you're looking to reignite the spark or simply make room for self-care and connection, this book reminds you that you deserve love, pleasure, and intimacy, no matter how busy life gets.

Soul Intimacy and Craving for true Love Sunny Pawar, 2025-08-18 Discover the true essence of connection with *Soul Intimacy and Craving for Love*. This insightful guide explores the profound bond between two souls, teaching readers how emotional, spiritual, and physical closeness can transform relationships into sources of fulfillment, growth, and harmony. Through clear explanations, relatable examples, and reflective exercises, this book helps you recognize and nurture deep soul connections.

Transform desire into meaningful conscious love Heal emotional wounds through empathetic intimacy Support mutual growth and understanding in relationships Sustain authentic love that transcends ordinary experiences Whether you are seeking deeper emotional connections stronger bonds or personal growth through love this book provides practical wisdom and guidance for cultivating relationships that nourish both the heart and the soul **Mindful Relationship Habits: 25 Practices for Couples to Enhance Intimacy, Nurture Closeness, and Grow a Deeper Connection** S. J. Scott & Barrie Davenport, 2024-05-20 It's easy to fall in love The challenging part is keeping that spark alive while you and your partner deal with the real world Your relationship can often seem less urgent than the day to day emergencies that you deal with your job finances children and that to do list full of chores They all demand your immediate attention What often gets lost in the shuffle is the love you share with your partner If you want to build a deeper connection with your spouse or partner then one solution is to build mindful relationship habits In a mindful relationship you are intentional about all your choices and interactions with your partner You become more proactive in responding to each other's needs and less reactive to the challenges that often arise You evolve to a higher level of interaction with one another The Wall Street Journal bestselling authors S J Scott and Barrie Davenport show you how to have a better relationship by applying 25 specific practices These habits will help you be more present with one another communicate better avoid divisive arguments and understand how to respond to one another's needs in a more loving empathic and conscious way Making Love Just Marvin M. Ellison, 2012 These days sexual sin is far less about sex and far more about the misuse of power and exploitation of vulnerability It's time to redraw the ethical map But how should a contemporary Christian ethic of sexuality be formulated Marvin Ellison a pioneer in contemporary Christian rethinking of sexuality and sexual ethics uses a series of provocative questions to increase readers skills and confidence for engaging in ethical deliberation about sexuality Students and all adults will welcome this book for enabling their personal clarity approach to relationships and mindful participation in respectful moral debate Publisher description **The 50 Commandments of Love: A Roadmap to Intimacy and Bliss** Vincent Kofi, 2023-07-03 In The 50 Commandments of Love A Roadmap to Intimacy and Bliss Vincent Kofi presents a transformative guide to deepening and enriching your relationships Drawing from his years of experience as a relationship expert and religious leader Kofi shares 50 powerful commandments that unlock the secrets to lasting love genuine connection and ultimate fulfillment This book is not just another relationship guide it's a profound exploration of the principles and practices that foster intimacy trust and joy Each commandment offers practical insights real life examples and thought provoking reflections to help you navigate the complexities of love and create a relationship that thrives From prioritizing quality time and embracing love languages to overcoming distance and letting go of past mistakes Kofi's commandments cover a wide range of crucial aspects in building a loving partnership Discover the art of effective communication the power of forgiveness and the importance of cherishing your partner Explore the depths of gratitude the beauty of shared laughter and the significance of listening with empathy The

50 Commandments of Love provides a roadmap to not only cultivate a loving relationship but also to become a better partner and person Through these timeless principles Kofi guides readers towards creating lasting connections fostering emotional intimacy and finding profound fulfillment in their relationships Whether you re in a new relationship navigating challenges in a long term partnership or seeking to deepen your connection with a loved one this book offers invaluable insights and guidance Embrace the commandments of love and embark on a transformative journey towards lasting happiness and fulfillment in your relationships

Heartstrings Barrett Williams, ChatGPT, 2025-03-02 Unlock the secrets to deeper more meaningful relationships with *Heartstrings* a transformative journey into the essence of human connection This captivating eBook delves into the intricate world of emotional intimacy offering profound insights and practical tools for anyone seeking to strengthen bonds with loved ones friends colleagues and even oneself Begin with the fascinating exploration of emotional intimacy and vulnerability challenging cultural myths and misconceptions Discover the power of being open and genuine and learn to overcome barriers that prevent us from forming true emotional connections As you embark on this journey you ll find strategies for building emotional intelligence such as recognizing and naming emotions developing empathy and managing your reactions effectively Dive into the science of emotional bonds unveiling the essentials of attachment theory and the neurobiological underpinnings of connection As you progress you ll cultivate self awareness through self reflection and uncover personal barriers with insightful tools for self discovery *Heartstrings* equips you with essential communication skills to foster deeper connections Master active listening learn to express needs and desires and navigate difficult conversations with grace and confidence Understand the foundational role of trust in intimacy and gain techniques for building and repairing trust creating an environment where emotional bonds can flourish Navigate the complex terrain of fear and shame turning these challenges into powerful catalysts for growth and resilience With guidance on embracing authenticity and aligning actions with values *Heartstrings* empowers you to live genuinely and inspire others to do the same From familial dynamics to romantic entanglements and professional settings this guide provides invaluable insights into nurturing emotional resilience and sustaining lifelong connections Whether you re deepening friendships enhancing romantic relationships or fostering workplace harmony *Heartstrings* offers a comprehensive toolkit for weaving an enduring tapestry of connection in every aspect of life Transform your relationships and celebrate the beautiful journey of connection with *Heartstrings* Embrace the path to emotional richness today

The Hidden Realm of Adventure: Discovering the Secrets Within Pasquale De Marco, 2025-07-24 In *The Hidden Realm of Adventure Discovering the Secrets Within* you ll embark on an extraordinary journey of self discovery where the boundaries of what is possible are pushed and the hidden realms within are unlocked Step into a world where secrets are unveiled and the quest for fulfillment guides your path This book is your guide to navigating the uncharted territories of your inner self Through thought provoking insights and practical exercises you ll learn to overcome obstacles find your path and tap into hidden resources You ll explore the power of connection and the

transformative nature of embracing your infinite potential Within these pages you ll discover how to Confront unseen challenges and emerge stronger Uncover ancient secrets and unlock forgotten wisdom Unmask hidden truths and gain clarity Find your path and embrace your destiny Overcome inner conflicts and achieve harmony Tap into hidden resources and unleash your potential Embrace the power of connection and build meaningful relationships Transform your reality and create a life of purpose Unlock your infinite potential and transcend limitations The Hidden Realm of Adventure is more than just a book it s a portal to self discovery and personal transformation Join us on this extraordinary quest and awaken the adventurer within Let the journey begin If you like this book write a review *The Love Language* Sergio Rijo,2023-09-12 In *The Love Language* How to Speak Your Partner s Love Language and Build a Deeper Connection you ll embark on a transformative journey through the intricacies of love and connection Drawing upon the renowned Five Love Languages framework this book serves as your compass in the realm of relationships Explore the profound significance of words of affirmation acts of service receiving gifts quality time and physical touch as you learn to speak your partner s unique love language Delve into the art of understanding expressing and receiving love in ways that resonate deeply with your loved one This book isn t just about understanding love it s about putting that understanding into action Discover how to make your partner feel cherished and appreciated and witness the magic that happens when you prioritize each other s emotional needs Whether you re in a new relationship rekindling the spark in a long term partnership or seeking to heal and strengthen your connection *The Love Language* offers invaluable insights and practical advice for every stage of your journey With real life case studies actionable tips and heartfelt guidance you ll gain the tools to nurture a love that thrives Your relationships will be enriched and your emotional bonds will deepen as you unlock the secrets of lasting love Don t miss this opportunity to create a more profound intimate and enduring connection with your partner *The Love Language* is your roadmap to building a love that stands strong even in the face of life s challenges **When Love Hurts** Tessa Whitfield,2025-09-04 *Breaking Free from the Chains of Toxic Love* Have you ever felt trapped in a relationship where love feels more like a burden than a blessing This powerful guide offers a compassionate and insightful roadmap for anyone caught in the relentless cycle of codependency *When Love Hurts Escaping the Codependency Trap* dives deep into the hidden patterns that keep you stuck revealing why walking away or setting boundaries feels nearly impossible even when your heart knows it s time Explore the emotional toll codependency takes from draining your energy to eroding your sense of self worth Through clear explanations and relatable examples you ll learn to differentiate between healthy love and toxic attachment Discover the roots of your patterns often traced back to childhood and family dynamics and gain the clarity needed to stop enabling behaviors that only pull you deeper into emotional turmoil But understanding is only the beginning This book offers practical step by step strategies to reclaim your emotional freedom Build self love communicate assertively and nurture a resilient mindset that embraces growth without guilt Recovery becomes not just possible but empowering with exercises designed to help you

recognize triggers set boundaries and rebuild your identity on your own terms If you re ready to break the cycle and create relationships grounded in respect authenticity and joy this book will be your trusted companion on the journey It s time to heal grow and finally live the life you deserve free from the codependency trap

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Table of Contents Making Love Last How To Sustain Intimacy And Nurture Genuine Connection

1. Understanding the eBook Making Love Last How To Sustain Intimacy And Nurture Genuine Connection
 - The Rise of Digital Reading Making Love Last How To Sustain Intimacy And Nurture Genuine Connection
 - Advantages of eBooks Over Traditional Books
2. Identifying Making Love Last How To Sustain Intimacy And Nurture Genuine Connection
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Making Love Last How To Sustain Intimacy And Nurture Genuine Connection
 - User-Friendly Interface
4. Exploring eBook Recommendations from Making Love Last How To Sustain Intimacy And Nurture Genuine Connection
 - Personalized Recommendations
 - Making Love Last How To Sustain Intimacy And Nurture Genuine Connection User Reviews and Ratings

- Making Love Last How To Sustain Intimacy And Nurture Genuine Connection and Bestseller Lists
- 5. Accessing Making Love Last How To Sustain Intimacy And Nurture Genuine Connection Free and Paid eBooks
 - Making Love Last How To Sustain Intimacy And Nurture Genuine Connection Public Domain eBooks
 - Making Love Last How To Sustain Intimacy And Nurture Genuine Connection eBook Subscription Services
 - Making Love Last How To Sustain Intimacy And Nurture Genuine Connection Budget-Friendly Options
- 6. Navigating Making Love Last How To Sustain Intimacy And Nurture Genuine Connection eBook Formats
 - ePub, PDF, MOBI, and More
 - Making Love Last How To Sustain Intimacy And Nurture Genuine Connection Compatibility with Devices
 - Making Love Last How To Sustain Intimacy And Nurture Genuine Connection Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Making Love Last How To Sustain Intimacy And Nurture Genuine Connection
 - Highlighting and Note-Taking Making Love Last How To Sustain Intimacy And Nurture Genuine Connection
 - Interactive Elements Making Love Last How To Sustain Intimacy And Nurture Genuine Connection
- 8. Staying Engaged with Making Love Last How To Sustain Intimacy And Nurture Genuine Connection
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Making Love Last How To Sustain Intimacy And Nurture Genuine Connection
- 9. Balancing eBooks and Physical Books Making Love Last How To Sustain Intimacy And Nurture Genuine Connection
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Making Love Last How To Sustain Intimacy And Nurture Genuine Connection
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Making Love Last How To Sustain Intimacy And Nurture Genuine Connection
 - Setting Reading Goals Making Love Last How To Sustain Intimacy And Nurture Genuine Connection
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Making Love Last How To Sustain Intimacy And Nurture Genuine Connection
 - Fact-Checking eBook Content of Making Love Last How To Sustain Intimacy And Nurture Genuine Connection

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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