

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

Helen Haldon



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.

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 10 Ways to Say "I Love You" Josh McDowell, 2015-02-01 To have and to hold from this day forward to love and to cherish That's where all the romance novels end but it's not the end of your love story The wedding vows are just the beginning of your marriage You've made the choice to be with your spouse To maintain a healthy relationship you'll need to keep making wise choices from this day forward Author and speaker Josh McDowell has been learning that lesson for more than 40 years and now he shares the insightful practical choices that make a marriage thrive Learn the power of choosing to make your spiritual life a priority resolve conflicts quickly keep your love life fresh master the art of communication become a great listener This straightforward concise resource will teach you how to love and cherish your spouse You'll never regret investing in your marriage **The Love Reset** Eldin Hasa, 2024-10-06 The Love Reset isn't just a book it's a comprehensive 12 month transformational journey Packed with exercises journaling prompts and neuroscience based insights this course guarantees deep personal growth and healing Readers gain access to additional resources creating an immersive experience designed to heal past traumas nurture self love and build thriving relationships It's more than a read it's a hands on interactive guide to emotional transformation and relationship bliss **ENDORSEMENT** Life is about creating great meaningful and lasting relationships Eldin Hasa has written a book to inspire you to have relationship mastery Read absorb and create the relationships of your dreams and desires Mark Victor Hansen Author Chicken Soup For The Soul Best selling author of non fiction books sold over 500 million copies The Love Reset is a powerful and invaluable resource because it offers a transformative approach to self love emotional healing and relationships By addressing deeply ingrained patterns like conditional self worth toxic attachment and the need for external validation it empowers individuals to break free from harmful cycles Through practical tools for healing emotional wounds and nurturing the inner child it fosters profound personal growth This reset not only helps individuals achieve happiness within themselves but also enables them to build healthier more fulfilling love lives based on wholeness and mutual respect **Five Reasons You Will Love The Love Reset** Unlock the Power of Self Love and Acceptance Struggling to truly love yourself The Love Reset helps you break free from conditional self worth guiding you to embrace unconditional love and acceptance of who you are **Break Free from Toxic Attachment Patterns** Tired of feeling stuck in unhealthy relationships This book provides actionable strategies to overcome emotional dependency helping you create fulfilling connections based on wholeness not neediness

Stop the Cycle of Seeking External Validation Do you constantly look for approval from others Learn how to reset your mindset and reclaim your self worth so you can stop chasing validation and find peace within Overcome Fear of Loneliness and Embrace Wholeness Does being alone make you anxious The Love Reset will show you how to find fulfilment in your own company dissolving fear of loneliness and allowing you to thrive independently Heal Emotional Wounds and Reclaim Your Inner Child Carrying unresolved emotional trauma Discover powerful techniques to heal past wounds nurture your inner child and rebuild your emotional resilience transforming your approach to love and relationships Practical Tools and Exercises Packed with actionable tools exercises and journaling prompts The Love Reset offers practical steps to enhance your relationship Each chapter includes exercises designed to help you implement neuroscience principles in your daily life Whether you're looking to deepen your connection or overcome challenges these tools provide a structured approach to achieving relationship bliss The practical exercises make it easy to apply the book's concepts to your own life turning theoretical insights into tangible improvements in your relationship Self love is the foundation of any thriving relationship Until you believe you deserve happiness you will continue to chase it in others never realising it's been within you all along

Make Time Matter Helen Haldon, *Make Time Matter* is not just about getting things done it's about making space for what really counts In a world where every second feels spoken for this empowering guide helps you step off the hamster wheel and reclaim your time with purpose Blending practical strategies with soulful reflection *Make Time Matter* invites you to stop racing through your life and start living it deliberately Learn how to Prioritise with clarity not guilt Say no with confidence and yes with intention Escape the trap of busyness and rediscover what energises you Create routines that serve your values not just your to do list Whether you're drowning in obligations or simply feeling disconnected from your own days *Make Time Matter* will help you shift from surviving to thriving one meaningful moment at a time Because time isn't just something to manage It's something to honour

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 **Radical Self-Care for Helpers, Healers, and Changemakers** Nicole Steward, 2025-02-25 Solutions for tackling the deeply rooted causes of burnout Radical Self Care for Helpers Healers and Changemakers addresses the constant exposure to heartbreak and injustice that can take a toll on the mental and physical health of those in the helping professions After more than twenty years as a social worker author Nicole Steward shares her own challenges with burnout and offers practical solutions to tackle the deeply rooted causes of overwhelm that helpers face which include compassion fatigue vicarious trauma and moral injury Steward s solutions go beyond mere stress reduction techniques rather she offers a framework for engaging in radical self care Here readers will discover a way of being that prioritizes helpers and healers so they can better serve others without sacrificing their own health and wellness This book offers foundational strategies that challenge the current systems that contribute to the high rates of burnout and turnover in the human and social service professions By taking radical care of themselves helpers can take a more effective and resilient approach to their work ultimately leading to liberation for both themselves and those they serve

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, Tender Moments: **Making Love Last How To Sustain Intimacy And Nurture Genuine Connection** . This emotionally charged ebook, available for download in a PDF format (Download in PDF: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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