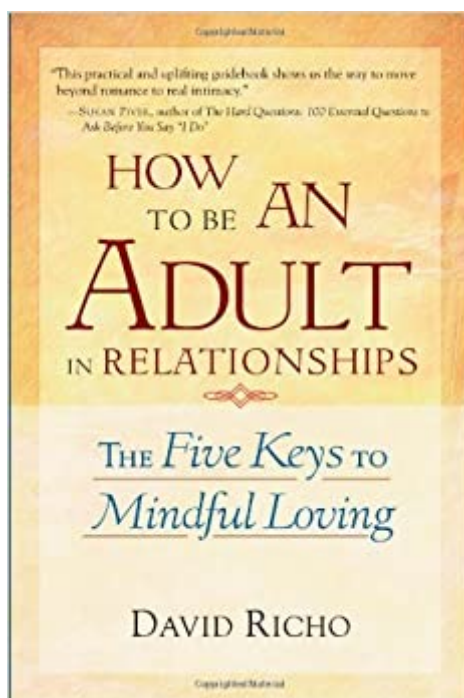


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# How To Be An Adult In Relationships: The Five Keys To Mindful Loving



## Synopsis

"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 relationshipsâ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 conceptsâwhat Richo calls the five A'sâ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.

## Book Information

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## Customer Reviews

Approaching the study of relationships from a psychotherapist's perspective is *How to Be an Adult in Relationships: The Five Keys to Mindful Loving*. Teacher and writer David Richo gives practical

and spiritual exercises for couples and singles who want to have mature and lasting relationships. Emphasizing paying attention and letting go, Richo gently and compassionately coaches readers on what he calls the five A's: attention, acceptance, appreciation, affection and allowing. His book, which proposes "letting go of ego," will help those seeking personal transformation in their relationships. (June) Copyright 2002 Reed Business Information, Inc.

"Well-constructed and thought-provoking." "Spirituality & Health "An inspiring and highly practical guide to effective relationships." "Kathlyn Hendricks, coauthor of Conscious Loving and The Conscious Heart

Richo's book is perfect for those looking to bring a new depth and meaning to personal relationships. While the book is written with a Buddhist perspective, it is not about Buddhism or even religion, for that matter. It is more about developing the ability to be mindful (paying attention) in a non-judgmental way, leaving the influence of past "baggage" aside, as well as concerns about the future. It is about being truly present and living each moment with your partner in openness, vulnerability, and attention. It is about understanding human needs (the 5 "As") and freely providing those things to your partner.

I recommend this to anyone wanting to deepen intimacy, or learn more about themselves. This book goes much much deeper than just interpersonal relationships but gets into the intrapersonal nature of what enables us to open up and give and receive love. As background i am a licensed clinical social worker practicing as a therapist and specialize in Dialectical Behavior Therapy.

This book is not written in a direct manner such as do A, B, C, and D, but has a delivery that is a bit subtle, and for some readers, this can be frustrating. However, it is written with wisdom and the language can be beautiful at times. If you are into Eastern practices, which includes loving kindness, meditation, Buddhism, self-compassion, mindfulness then this book can be an instrument to your development. I enjoy reading it.

I will be the first to admit I close myself off from relationships, only considering a small few to be "real" in that I let down my walls. This book not only helped me identify those walls I tend to keep in a manner of relationships but also where they come from and why I use them as defenses. It helped me become more comfortable with trusting others and being more comfortable with myself. I plan on

reading this several more times throughout my lifetime to keep the concepts fresh in my mind.

Best book out there on relationships and personal emotional maturity. You can re-read this several times over and get new gems from it; as your emotional health improves and you find that you understand more the next time you read it.

One of the best books on relationship dynamics and mature relationships. David Richo is a brilliant therapist and a compassionate, heartfelt human being. If you ever have the pleasure of seeing him in person, take it. he is a gem on the planet earth. His intelligent writing weaves heartfelt thought with practical strategies for co-creating relationships of respect and deep love. We have bought several copies and given them to many friends. All have felt the material to be useful, understandable, and inspiring. May we all come to one another from our clearest and most loving selves!

If you have read the works of the author Robert A. Johnson, "Owning your Shadow", "We", "She", "He", etc... then you will understand that these books by Rico are the natural extension of how to use that information to actually make real changes in your life. Look, just because these three books by David Rico have painfully obvious self help titles, don't judge them based on that. In clear and concise terms, without ever talking down to you or treating you like it's a "For Dummies" book, the author explains the steps necessary to basically let go of the childishness of our mis-spent youth and finally grow up. I included all 3 of the titles together, and I believe that "How to be an Adult", "HtbaA in a Relationship", and "The Five Things We Can Not Change ..." should be read together, so as to have the greatest understanding of what is expected at any one point in your personal Epiphany. It's extremely easy to lie, especially to ourselves. The Ego will grasp at any straw to save itself, and these 3 books basically state the obvious in such a way that only the die hard defeatist could screw up "growing up". Taking personal responsibility for you life's decisions starts by recognizing why you did this in the first place, and why you chose to continue the dysfunctional patterns. I understand that many in the field are recommending these. I suggest a set, the Johnson books, followed by the Rico.... in that order. This is how I offer them to my students who are seeking a better life for themselves. You can't fix someone else, they have to want to fix themselves. These books together give you the answers, and the means to let the dreggs go. These books open the door to a bigger world of possibilities and options for an improved life... and they answer that primary first question, "Why am I like this....". Arwythur

My relationship was falling apart, and I bought this book to share with my partner, hoping to turn things around. We had some great conversations as I shared info from the book with her, but ultimately we are not together. I don't blame the book for not saving the relationship, it is an excellent book. As much as I thought I knew, I learned a LOT from this book, far more than I expected. I was the 'giver' in our relationship and she was quite 'emotionally unavailable'. Though I didn't want to 'fix' her, I was hoping enlightened words from another source might reach her and help her come to some new insights. I gained many invaluable insights for myself, and even though we are not together, I am grateful for the info in this book. Really good stuff.

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