



## The Heart of Mindful Relationships: Meditations on Togetherness (Hardback)

By Maria Arpa

The Ivy Press, United Kingdom, 2012. Hardback. Book Condition: New. 202 x 132 mm. Language: English . Brand New Book. The Heart of Mindful Relationships explores the sources of a truthful and loving bond - empathy, compassionate communication, respect and honesty - for a deeper understanding of each other and conscious harmony. Through practical and spiritual techniques, you will learn how to express yourself as an individual and as a couple to achieve the togetherness you both want.



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