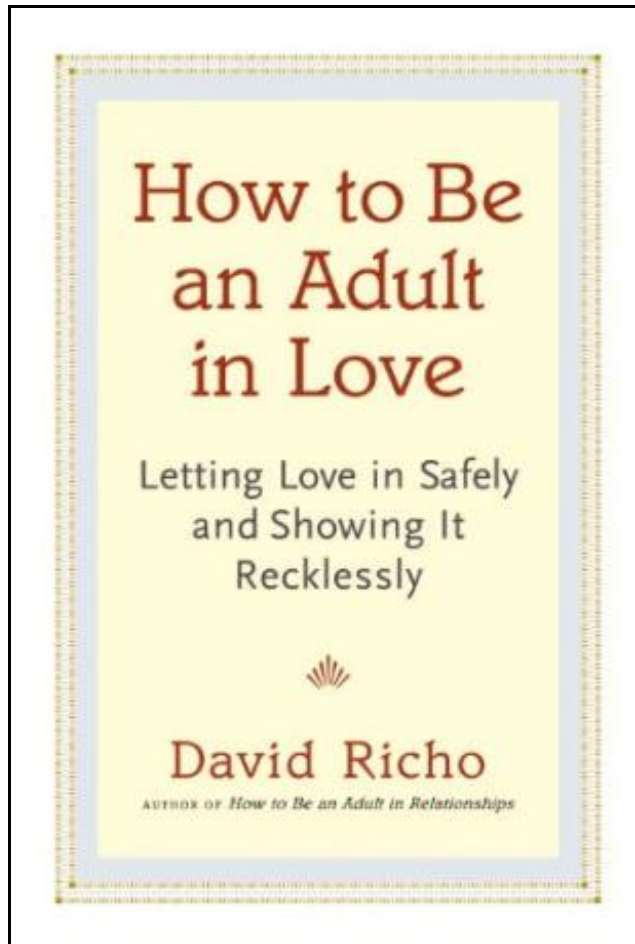


How to be an Adult in Love: Letting Love in Safely and Showing it Recklessly



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HOW TO BE AN ADULT IN LOVE: LETTING LOVE IN SAFELY AND SHOWING IT RECKLESSLY



Shambhala. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 8.7in. x 5.5in. x 0.9in. How to let love into our lives, and how to express that love to the world at large the latest from a best-selling author. 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. The first challenge is that we have a hard time letting love in: recognizing it, accepting it from others. We're afraid of it, of getting hurt. The second, related problem is that we're unable to share love with those around us--and love that isn't shared isn't truly love. The first step to learning to love and be loved, according to Richo's model, is to identify the different levels of love so that you can hit each one separately. He breaks it down to three: Level One: Positive Connection. As simple as being courteous, respectful, helpful, and honest, and decent in all our dealings. Pretty basic, but it makes the world a better place, and it's the essential foundation for growing in love. Level Two: Caring and Personal Connection. Intimacy and commitment to friends, family, partners, lovers. Commitment to others. Level Three: Unconditional and...



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