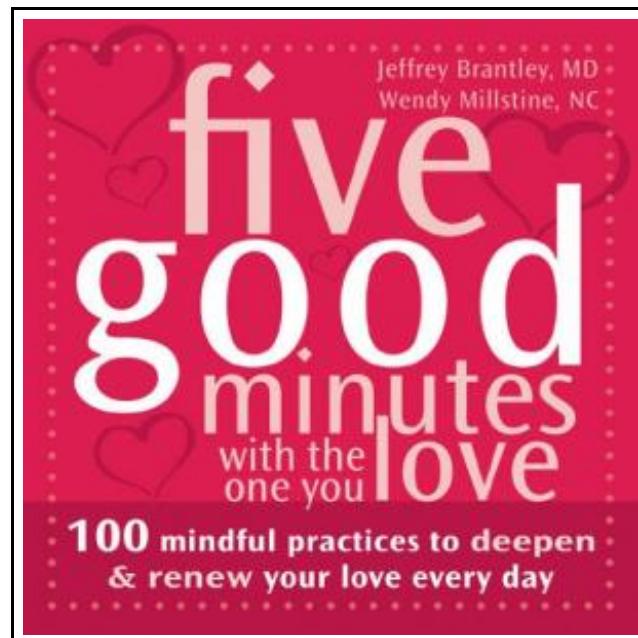


Five Good Minutes' with the One You Love: 100 Mindful Practices to Deepen and Renew Your Love Everyday



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Reviews

Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.
(Kade Ankunding)

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New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Five Good Minutes' with the One You Love: 100 Mindful Practices to Deepen and Renew Your Love Everyday, Jeffrey Brantley, Wendy Millstine, When you first fall in love, every moment you spend with that special someone feels like a lifetime. Even a glance and a smile can seem to last for hours. But as time goes by, let's face it, relationships change. You have places to go and people to see, children to raise and careers to manage. The rest of the world can start to slip in between you and the one you love. It takes practice to remain deeply connected and truly intimate with someone - but it doesn't need to take up all of your free time. With the simple practices in this book, readers will be able to really connect with the people they love most in as little as five minutes a day. Using simple techniques drawn from mindfulness practice, each of these intimate and fun activities will help readers feel closer, more connected, and more deeply in love with their intimates. The meditations, affirmations, and observations will foster gratitude, kindness, trust, and empathy. In the course of these practices, readers can learn new ways to deal with conflict and daily stress.

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