

How to be an Adult in Relationships: The Five Keys to Mindful Loving (Chinese Edition)

David Richo

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How to be an Adult in Relationships: The Five Keys to **Mindful Loving (Chinese Edition)**

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How to be an Adult in Relationships: The Five Keys to Mindful Loving (Chinese Edition) David Richo The book is a practical guide to instruct people to perfect their feelings and emotions. The author takes readers for a love travel by warm and accurate language. In this book, the author sorts five A as key to open intimate relationship as follows: Attention, Acceptance, Appreciation, Affection, and Allowed. In our life journey, these five A will appear in different ways. Although it is difficult for us to embody them into relationship, couples and the single can experience together by the opportunities of drill provided in this book. Life is the journey of love, so whether in relationship or facing separation, studying in love is always the lesson in our whole life.



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