



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

By David Richo

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...



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