

# Perfect Love, Imperfect Relationships (Paperback)

#### By John Welwood

Shambhala Publications Inc, United States, 2007. Paperback. Condition: New. Annotated edition. Language: English . Brand New Book. While most of us have moments of loving freely and openly, it is often hard to sustain this where it matters most--in our intimate relationships. Why, if love is so great and powerful, are human relationships so challenging and difficult? If love is the source of happiness and joy, why is it so hard to open to it fully and let it govern our lives? In this book, John Welwood addresses these questions and shows us how to overcome the most fundamental obstacle that keeps us from experiencing love s full flowering in our lives. Perfect Love, Imperfect Relationships begins by showing how all our relational problems arise out of a universal, core wounding around love that affects not only our personal relationships but the quality of life in our world as a whole. This wounding shows up as a pervasive mood of unlove--a deep sense that we are not intrinsically lovable just as we are. And this shuts down our capacity to trust, so that even though we may hunger for love, we have difficulty opening to it and letting it circulate...



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