



Zen and the Art of Falling in Love

Dr. Brenda Shoshanna

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We are meant to be in love. Love energizes our daily existence, heals the body and mind and makes every moment precious. So why aren't we in love all the time?

In *Zen and the Art of Falling in Love*, psychologist, relationship expert and Zen practitioner Brenda Shoshanna shows readers how to rejuvenate their romantic lives by combining a psychological understanding of relationships with the way of Zen practice. The lessons provided by such practices as Taking Your Shoes Off (Becoming Available), Sitting on the Cushion (Meeting Yourself), Cleaning House (Emptying Yourself) and Receiving the Stick (Dealing with Blows) can offer new insight into the common problems of miscommunication, lies, betrayal, jealousy, insecurity, loss and disappointment. Using the lessons of Zen practice, you can open your life to love, fall in love -- and stay in love.

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