

buddhism *for* couples



a calm approach to relationships

sarah naphthali

Buddhism Couples Calm Approach Relationships

Kathleen Armour



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Buddhism for Couples Sarah Naphthali, 2014-09-01 Every now and then not very often we meet a woman who has mastered the art of being in a couple who has managed to keep the flame alive long after the honeymoon period and well into the trials of parenting Sarah Naphthali is not one of these women but is happy for readers to learn from her mistakes With her trademark emphasis on self compassion she explains how she has applied Buddhist teachings to patch things up hold things together and even on good days scale the heights of relationship happiness Written for both men and women Buddhism for Couples tackles the loaded subjects of housework anger sex conflict and infidelity before introducing Buddhist strategies that can enrich a relationship Applying Buddhist teachings can improve our relationship by guiding us to delve more deeply into our psyches Through mindfulness and ever growing self awareness the teachings help us to become more familiar with the workings of our minds and bodies more aware of our thoughts and beliefs so that we can see our behaviours with more clarity Alongside Buddhist teachings Sarah explores the latest psychological research on relationships and discovers numerous overlaps Humorous and informative Buddhism for Couples provides a fresh approach to living as a couple persuading us to leave behind stale habitual ways of relating that don't seem to work

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informative Buddhism for Couples provides a fresh approach to living as a couple persuading us to leave behind stale habitual ways of relating that don't work

Buddhism for Mothers Sarah Naphthali, 2010-06-21 Become a calmer and happier mother with Buddhism for Mothers This is an excellent practical guide to everyday Buddhism not just for mothers but for everyone who has ever had a mother Vicki Mackenzie author of the bestselling *Why Buddhism Parenthood* can be a time of great inner turmoil for a woman yet parenting books invariably focus on nurturing children rather than the mothers who struggle to raise them This book is different It is a book for mothers Buddhism for Mothers explores the potential to be with your children in the all important present moment to gain the most joy out of being with them How can this be done calmly and with a minimum of anger worry and negative thinking How can mothers negotiate the changed conditions of their relationships with partners family and even with friends Using Buddhist practices Sarah Naphthali offers ways of coping with the day to day challenges of motherhood Ways that also allow space for the deeper reflections about who we are and what makes us happy By acknowledging the sorrows as well as the joys of mothering Buddhism for Mothers can help you shift your perspective so that your mind actually helps you through your day rather than dragging you down This is Buddhism at its most accessible applied to the daily realities of ordinary parents Even if exploring Buddhism at this busy stage of your life is not where you thought you'd be it's well worthwhile reading this book It can make a difference

The Mindfulness

Solution Ronald D. Siegel, 2010-01-01 Offers advice for achieving happiness and dealing with life's obstacles through mindfulness with strategies for cultivating this state of mind and setting up a formal daily practice routine

Handbook of Couples Therapy Michele Harway, 2005-01-21 The essential guide to successful couples therapy at every stage of the lifecycle A variety of therapeutic interventions can help couples develop the tools for a successful relationship Yet many practitioners begin seeing couples without extensive training in couples work To fill this gap in their therapeutic repertoires noted couples therapist Michele Harway brings together other well known experts in marriage and family therapy to offer the *Handbook of Couples Therapy* a comprehensive guide to the study and practice of couples therapy The book's chapters provide a variety of perspectives along developmental theoretical and situational lines Recognizing the need for clinically proven evidence based approaches chapters provide detailed coverage of the most effective treatment modes Couples at different stages of the lifecycle feature prominently in the text as do relevant special issues and treatment approaches for each stage Subjects covered include Premarital counseling from the PAIRS perspective an extensive curriculum of interventions for premarital couples The first years of marital commitment Couples with young children Couples with adolescents Therapy with older couples Same sex couples A variety of theoretical approaches including Cognitive Behavioral Object Relational Narrative Integrative and Feminist and Contextual Special issues and situations including serious illness physical aggression addiction infidelity and religious spiritual commitments or conflicts Providing a diverse set of treatment approaches suited to working with a wide range of adult populations the *Handbook of Couples Therapy* is an essential resource for mental

health professionals working with couples

Knowledge-Wisdom: The Peaceful Path to Liberation Lama

Yeshe, 2023-01-10 What I am saying is that you should have perfect determination knowing that understanding knowledge wisdom is the only solution to problems the only source of happiness and joy That is what we call Dharma Lama Yeshe This first volume of collected teachings is drawn from teachings given by Lama Yeshe in the 1970s and 1980s when he and Lama Zopa Rinpoche traveled the world teaching extensively Lama Yeshe consistently encouraged students to recognize and develop their limitless potential and his dynamic teaching style means that these teachings are as relevant and accessible today as when first taught In Part 1 of this book Lama Yeshe advises how we can transform our lives by developing warm heartedness and knowledge wisdom while maintaining a relaxed attitude to our practice The teachings in Part 1 are edited by Nicholas Ribush and include new material published for the first time Part 2 is edited by Uldis Balodis and features three discourses given by Lama Yeshe at the sixteenth Kopan meditation course Nepal in 1983 In these final teachings at Kopan Lama offers essential advice on how to practice Dharma in the West Excerpts from these discourses have been previously published in the ebook series The Enlightened Experience Volumes 1 3 online at Lama Yeshe Wisdom Archive and in other publications including Mandala magazine We acknowledge the kindness of Ven Tenzin Drachom and students in sponsoring the production of this book

A Roadmap for Couple Therapy Arthur C. Nielsen, 2016-06-17

A Roadmap for Couple Therapy offers a comprehensive flexible and user friendly template for conducting couple therapy Grounded in an in depth review of the clinical and research literature and drawing on the author's 40 plus years of experience it describes the three main approaches to conceptualizing couple distress and treatment systemic psychodynamic and behavioral and shows how they can be integrated into a model that draws on the best of each Unlike multi authored texts in which each chapter presents a distinct brand of couple therapy this book simultaneously engages multiple viewpoints and synthesizes them into a coherent model Covering fundamentals and advanced techniques it speaks to both beginning therapists and experienced clinicians Therapists will find A Roadmap for Couple Therapy an invaluable resource as they help distressed couples repair and revitalize their relationships

Textbook for Transcultural Health Care: A Population Approach Larry D.

Purnell, Eric A. Fenkl, 2020-09-05 This textbook is the new edition of Purnell's famous Transcultural Health Care based on the Purnell twelve step model and theory of cultural competence This textbook an extended version of the recently published Handbook focuses on specific populations and provides the most recent research and evidence in the field This new updated edition discusses individual competences and evidence based practices as well as international standards organizational cultural competence and perspectives on health care in a global context The individual chapters present selected populations offering a balance of collectivistic and individualistic cultures Featuring a uniquely comprehensive assessment guide it is the only book that provides a complete profile of a population group across clinical practice settings Further it includes a personal understanding of the traditions and customs of society offering all health professionals a unique perspective on the

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