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Autore	Rinzler Lodro
Titolo	Love Hurts : Buddhist Advice for the Heartbroken
Pubbl/distr/stampa	2016 Boston : , : Shambhala, , 2016 ©2016
ISBN	9780834840515 0834840510
Descrizione fisica	1 online resource (133 pages)
Classificazione	FAM029000PHI028000SEL016000
Disciplina	294.34442
Soggetti	Buddhism Sadness
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	How to read this book -- If you feel like you don't have time to read this book -- What is heartbreak? -- What is love? -- What is meditation? -- What happened in the heartbreak appointments -- Why your heart breaks -- If you want to hear my heartbreak story -- If you're ready to hear that life is suffering -- Reflecting on impermanence -- If you feel that you might never heal -- Questions to ask yourself -- The importance of taking care of yourself -- Ways to take care of yourself -- If you feel alone -- If you feel like maybe it's not over -- If you feel betrayed -- Not giving up on anybody -- If you feel rejected -- If you think you will never love again -- If you feel like a failure -- Journaling exercise for when you feel like a failure -- If you can't believe this has happened -- If you feel like this pain is the worst thing ever and no good can come from it -- If you suspect it's time to cut someone out of your life -- Why? : just why? -- If you feel like you can't eat -- If you feel like you can't sleep -- If you're tempted to go hop in bed with someone -- If you feel ashamed -- If you feel like you might need a good kick in the pants -- If you are feeling angry -- If you are overcome by emotion and are freaking out right now -- If you feel like you are in hell -- If you need to hear a joke -- If you need to hear a less bizarre joke -- If you feel like contacting that person -- If

you feel really really depressed -- If you feel that it's time to forgive -- If you feel relief-guilt -- If you feel like you'll never trust again -- If you feel like you have no right to be heartbroken -- If you feel it's time to let them go -- If society has broken your heart -- If you can still offer love -- If you feel acceptance -- A reminder to cherish your life -- A training for future heartbreak.

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## Sommario/riassunto

Love Hurts: Buddhist Advice for the Heartbroken by Lodro Rinzler offers guidance for individuals grappling with the emotional turmoil of heartbreak. Drawing from Buddhist teachings and personal experiences, the author provides advice on navigating the pain of lost relationships, death, and societal suffering. This book is intended for those who seek solace and understanding in times of emotional distress. It emphasizes the importance of embracing and sitting with one's feelings rather than seeking quick fixes. Rinzler's work is a compassionate resource designed to help readers find peace and wholeness amid heartbreak. The book is structured to allow readers to select relevant sections based on their current emotional state, making it a practical guide for various forms of heartbreak.

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