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"Grayson has integrated psychology, spirituality, and the new physics into concrete theory and practice that sheds light on how couples make themselves miserable and how, by transforming their thoughts, they can achieve mutual joy. I highly recommend it."

—HARVILLE HENDRIX, PH.D., author of
GETTING THE LOVE YOU WANT: A GUIDE FOR COUPLES

MINDFUL LOVING

*10 Practices for Creating
Deeper Connections*



HENRY GRAYSON, PH.D.
author of the bestselling *Sounds True* audio course,
The Neurobiology of Love

Mindful Loving: 10 Practices for Creating Deeper Connections

Henry Grayson

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Mindful Loving: 10 Practices for Creating Deeper Connections

Henry Grayson

Mindful Loving: 10 Practices for Creating Deeper Connections Henry Grayson

In this groundbreaking book, Dr. Henry Grayson shares his breakthrough techniques for creating deeper and more lasting connections with our loved ones.

Henry Grayson, a psychologist, relationship counselor, psychoanalyst, and former minister who has been working with couples and individuals to improve their relationships for more than thirty years, has found that most people are actually more unhappy after marriage counseling or couples therapy. In Mindful Loving he sets aside the traditional methods of therapy to show you how to look at your relationships from a completely different perspective. By getting to the root of our relationship problems, Grayson creates a whole new framework in which to view intimacy-- one where psychology, spirituality, and science meet. He shows you how to:

Break the vicious cycles of interaction that trap you in patterns of resentment and isolation

Identify the six forms of counterfeit "love" and nine barriers to love

Practice ten characteristics of Empowering Love

Create a spiritual marriage rather than an ego-based one

Filled with techniques, exercises, meditations, and inspiring case studies, here is an indispensable guide to creating healthy and fulfilling relationships that is destined to become a classic in the field.

Mindful Loving: 10 Practices for Creating Deeper Connections Details

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Henry Grayson**

From Reader Review Mindful Loving: 10 Practices for Creating Deeper Connections for online ebook

Renee M says

This is THAT book that everyone should read before they jump into relationships. It has a little questionnaire that will show you if you have "ego based" love or if I am driven by my own personal need for gratification or more spiritual based. I thought that I was less selfish but let's just say I have some work to do. I was not who I thought I was. I took more responsibility for my happiness and found this book helpful to understand my role in the demise and success of my relationships and to note areas that would be sure to cause discord in my relationships.

Janet says

A really important book. Rates up there with David Richo's How to be an Adult in Relationships.

Yvette Bowlin says

The way to my heart. To anyone's heart. This book is powerful in opening one's eyes to see the truth about relationships, love, communication, thought. It reveals how what we think about creates our reality--and never is this more true than when dealing with another person. When two "thoughts" collide and you're now living together and dealing with these thoughts, beliefs, behaviors...what do you do? How do you relate? How do you get along? How do you forgive? How do you keep the intimacy alive?

Here's how.

Sheila says

An amazing blend of physics, psychology & spirituality. I really found the science behind the power of our intentions very compelling. It takes "The Secret" to a whole new level!

Dale says

This is a wonderful book! I would recommend it to anyone in any kind of relationship, particularly committed ones like marriages. If you are contemplating divorce or separation, the last chapter is a "must-read."

Susan Okeefe says

Not what I typically read but I really enjoyed this book. The author offers a number of ways he believes that we can reach true happiness by ourselves or within a partnership. He talks about thought control, over-riding our egos, finding our true selves, and seeing the Oneness in the Universe. Practical 'mind' exercises are given and the usefulness of meditation is discussed. A good self-improvement book.

Bryan says

Wasn't exactly what I was expecting, but a worthwhile read for anyone interested in relationships, our roles within the relationship and our interconnectedness.

Amy Roberts says

I just picked this one up so you'll have to stay tuned...

Cindie says

I learned a great deal from this book that I have applied in my own marriage and all the relationships in my life.

Elese says

Try everywhere else, read anything and everything but I've yet to find better than this definitive guide for changing your own mind, practicing unconditional love and doing what you need to do to finally be in a relationship in the way you've always hoped for.

Heather says

I know this book is embarrassingly new age. Please refrain from mocking me.

Ed Bierman says

Had some great things to say about how not to try to change someone to fit your perception of who you want another person to be.... got a bit repetitive at times.

Steve says

One thing that bothers me about this book is it seems very binary to me. If you are spiritual, that's a one. Ego centered, well, that's a zero. You could almost do a search and replace and substitute Godly for spiritual and worldly for ego and sell the book to a whole different market, based on what I have read.

What I have seen so far in life rejects binaries in terms of relationships and people. None of my marriages and relationships in my long life have been the same. What one relationship needs to survive often is poison to another. Over time marriages and relationships change! That's wonderful in my own life book. My own marriages and relationships have been wonderful because of their differences.

Life styles, relationship and gender orientation possibilities are richly varied. Many styles of relationships and religions make up the world. Not even a scale from black to white is enough. Life is Technicolor rich to me. I like Technicolor. To me binary is white or black and that to me is narrow minded and limiting in perspective.

I do agree with the book that most of the world around us is a reflection of the world we create in our minds. That fits with what the author writes. We have more free will than we often grasp. We can change our world by changing our minds. But, to quote Agent Cooper in Twin Peaks, "coincidence and fate figure largely in our lives."

My first wife fell asleep at the wheel and hit a power pole. I don't think she willed that power pole to be right where it is as she slid sideways into it.

And, what about evil? There are evil people who do evil things. I don't think the folks in the World Trade Center willed airliners to hit their buildings by having the wrong attitude. You can just be at the wrong place when evil happens. Evil does not happen to people because of their wrong attitude.

You can't just blame the victims for having the wrong attitude. But, that's what I think the book often does. It posits that a person can be abusing you and the target of the abuse should change their attitude and that will stop the abuse.

That does not sit well with me. The author wraps up with a chapter on mindful divorce. That's not enough for me. I am a spiritual guy who meditates and tries to live mindfully.

To me this book falls short. I agree with it 90 percent. My concern is that folks who read this book, and embrace it 100%, may end up taking on shame and blame for things that would be better off being let go.

Ruth Van Derostyne says

This was amazing

I recommend everyone reads this book. It changes life. I am so peaceful now. I am very grateful to my friend who recommend I read it.

Peggy Conrad says

Heard the author speak and found his talk and book very enlightening
