



A Little Book of Love: Heart Advice on Bringing Happiness to Ourselves and Our World

Moh Hardin

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In the Buddhist tradition, love is not just a feeling but a way of being present with ourselves and others. This book offers practical advice on how to cultivate love, how to deepen it, and how to let it flower in our lives.

We may feel great love for our partners, our children, and our friends, but how do we put that love into action so that others are nurtured by it? And what about loving ourselves? How can we develop greater self-acceptance and self-compassion? Meditation teacher Moh Hardin offers key insights and practices from the Buddhist tradition for deepening our relationships and finding true fulfillment in our lives.

Topics include:

- Simple Buddhist practices for awakening the heart
- How and why to become your own best friend
- Finding freedom from destructive patterns in relationships

- Listening and speaking with love
- Loving and letting go

Hardin ultimately introduces the inspiring idea of becoming a "bodhisattva warrior," a person who commits to living open-heartedly and working to ease the suffering of the world. Written with unusual clarity, simplicity, and warmth, this little book contains a wealth of wisdom and guidance that could change your life.

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