



What Is Love?: A Simple Buddhist Guide to Romantic Happiness

Taro Gold

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"What Is Love?" is an inspirational handbook to happy, healthy, and fulfilled relationships. Reading it will uplift your spirit, clarify expectations, and open the door to the relationship of your dreams." –Cherie Carter-Scott, Ph.D., author of the number-one *New York Times* best-selling book *If Love Is a Game, These Are the Rules*

Why is it that love receives less instruction than the average driver's education class? We don't learn to drive by crashing until we get it right, but this seems to be how we learn about love.

Author Taro Gold offers simple, practical guidance-based on the universal principles of Buddhism-that can steer us through the twists and turns of love. By leading us first to become happy within, Buddhist teachings offer empowering advice on creating the romantic happiness of our dreams.

What Is Love? contains three sections:

Love and Illusion: The Outer Path (Searching Through the Fantasy)

Love and Reality: The Inner Path (Finding True Love Within)

Love and Life: The Middle Path (Creating Romantic Happiness Now)

Inspirational quotes are sprinkled throughout the text, enriched by full-color, Far East-inspired watercolors. Like an elegant bouquet of flowers, it's the perfect gift for Valentine's Day or any other special occasion.



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