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## Love's Garden

### A Guide to Mindful Relationships

Using Buddhist teachings to re-evaluate traditional approaches to love, couplehood, and marriage, *Love's Garden* offers readers specific advice on improving their love lives. By collecting real-life Buddhist love stories, along with commentary and guided exercises, this book illustrates the fulfilment that comes from looking within and taking action to improve a relationship. Equally useful for practicing Buddhists and non-Buddhists alike, the advice presented here can be used by anyone to promote mindfulness, diligence, and perseverance in the romantic realm. In the words of one of the authors, Larry Ward, "we simply need to get in touch with and nourish the practices that are helping us to experience peace. And then we need to stop doing the things that keep us from experiencing peace."

### Summary

A collection of real-life Buddhist love stories, with commentary and guided exercises for couples developed by Peggy Rowe-Ward and Larry Ward, senior students and ordained Dharma teachers in the tradition of Zen Master Thich Nhat Hanh. These personal stories, from couples of a range of different ages and experiences, illustrate how Buddhist principles can help couples navigate any stage of their relationship.

It took the authors some good living and good loving before they realized that the love that they were seeking was already present and available in the depths of their hearts and mind. Love does not depend on anything that is happening "Out There" and is not dependent on anything "he" or "she" might do. It depends on our own willingness to look within and to act. This insight is a result of practicing the teachings of the Buddha on right diligence and right effort. The authors have been studying and practicing with Zen master Thich Nhat Hanh and they are happy to report that the practices work.

In

"The practice is not difficult. We simply need to get in touch with and nourish the practices that are helping us to experience peace. And then we need to stop doing the things that keep us from experiencing peace." Larry Ward

Foreword by Thich Nhat Hanh

### Contributor Bio

Peggy Rowe Ward received Dharma teacher Transmission from Thich Nhat Hanh in 2000 at Plum Village, France. She has a Doctorate in adult education and a Master's degree in counseling psychology. She has published in professional adult education journals on women's stories of coming into voice. Her doctoral publications are connected to community centered dreamwork. She has had short essays published in *In Our Own Voice* (1992) and in *The Mindfulness Bell*. She co-authored *Making Friends with Time* (2000) with Tracy Sarriugarte.

Dr. Larry Ward is the author of the book *America's Racial Karma: An Invitation to Heal*. He brings twenty-five years of international experience in organizational change and local community renewal to his work as director of the Lotus Institute. Dr. Ward holds a PhD in religious studies with an emphasis on Buddhism and the neuroscience of meditation and was ordained by Ven. Thich Nhat Hanh in the Plum Village tradition of Engaged Buddhism.

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