



The Art of Staying Together (New Consciousness Reader)

Mark Waldman MD

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The Art of Staying Together presents a collection of current articles on the most up-to-date vision of contemporary love. These writings reflect new paradigms of relationships that have been substantiated by medical and psychological studies. In this latest edition of Tarcher's successful New Consciousness Reader series, we learn how to develop intimate communication, true listening, and understanding, with our partners and friends. We come to see how to recognize destructive, unconscious behaviors, resolve conflicts with mutual respect, and practice contemplative love and compassion. We also learn how powerful and spiritual the mystery of love is and how it can heal the deepest of wounds. The contributors include: Thomas Moore •Harriet Lerner •Deborah Tannen •Harville Hendrix •Deepak Chopra •Dianne Ackerman •Judith Wallerstein •M. Scott Peck •Nathaniel Branden •Judith Viorst •Margo Anand •Allan B. Chinen •Rainer Maria Rilke •Ken Wilber •Thich Nhat Hanh •Robin Norwood •Connie Zweig, and others Together, the contributors to The Art of Staying Together provide a new vision for love and intimacy, integrating psychology and spiritual awareness and showing us how we can create more satisfying relationships that allow us to enjoy life more fully.

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