



Buddhism for Couples: A Calm Approach to Relationships

Sarah Naphali

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Learn Buddhist principles that can help enrich your romantic life, your life in general, and the lives of those around you.

Surely a happy marriage for a normally adjusted couple is a simple matter of give-and-take—some patience, tolerance, and just trying to be cheerful as often as possible. There is no shortage of books providing relationship advice that can help us with these matters. But Buddhist teachings address more than just surface knowledge, and guide us to delve deeper into our psyches.

With an emphasis on self-compassion, *Buddhism for Couples* explains how to apply Buddhist teachings to your relationships to patch things up, hold things together, and, even on good days, scale the heights of relationship happiness. Written for both men and women, this book tackles the loaded subjects of housework, anger, sex, conflict, and infidelity, and introduces Buddhist strategies that can enrich a relationship.

Humorous and informative, *Buddhism for Couples* provides a fresh approach to living as a couple, persuading us to leave behind stale, habitual ways of relating that don't work.

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