



Fidelity: How to Create a Loving Relationship That Lasts

Thich Nhat Hanh

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What does healthy intimacy look like? How do we keep the energy and passion alive in long-term relationships? What practices can help us forgive our partner when he or she has hurt us? How can we get a new relationship off to a strong and stable start? What do we do if we feel restless in a relationship or attracted to someone outside of our partner? These are just some of the questions Zen master and Nobel Peace Prize nominee Thich Nhat Hanh has been asked by practitioners and readers alike. Deeply moved by the suffering that can be caused by these issues, he offers concrete guidance in his first ever writings on intimacy and healthy sexuality.

Fidelity guides the reader to an understanding about how we can maintain our relationships; keep them fresh, and accepting and loving our partner for who they are. *Fidelity* gives concrete advice on how to stay attentive and nourishing of each other amidst the many responsibilities and pressures of daily life. Readers will learn how to foster open communication, dealing with anger and other strong emotions, learning to forgive, and practicing gratitude and appreciation.

Fidelity is written for both couples in a committed relationship wanting to further develop a spiritual dimension in their lives together, and for those where infidelity or hurt may have occurred, and there is a need for best practices to re-weave the net of love and understanding. In addition to addressing every day occurrences and challenges, Thich Nhat Hanh shows how traditional Buddhist teachings on attachment, deep listening, and loving speech can help energize and restore our relationships. Written in a clear and accessible style, and filled with personal stories, simple practices and exercises, *Fidelity* is for couples at all stage of relationships. It the guide book for anyone looking to create long-lasting and healthy intimacy.



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