

BOOKS

Books of the Heart New Titles on an Old Subject

by Catherine Harris

As the hearts we see everywhere this month remind us, love is the central important human experience. Most important is *Learning to Love Yourself*, which is the title of a new book by Gay Hendricks, author of several books on centering. It is a simple and moving book that gives a strikingly new approach to dealing with your feelings and increasing your willingness to love yourself. Have you tried loving a feeling that you hate? Loving yourself for feeling angry, for instance? Hendricks also reveals himself in this book; his experiences and descriptions of altered states of consciousness are inspiring.

Open Heart Therapy is a new book from Celestial Arts Publishers, following in the footsteps of *I Deserve Love* and *Loving Relationships* by Sondra Ray. The author, Bob Mandel, is world

director of Loving Relationships Trainings. He calls the exercises he prescribes in his book "by-pass operations."

A selection of the best titles in the realm of loving would include *Do I Have To Give Up Me To Be Loved By You?* by Jordan and Margaret Paul, and my personal favorite, *How to Be a Couple and Still Be Free* by Tina Tessina and Riley Smith. *A Conscious Person's Guide to Relationships* by Ken Keyes of the Living Love Center in Coos Bay is a very insightful book which helps us distinguish between working on ourselves and trying to change our partner. As Sondra Ray says in her book *Loving Relationships*, love will always bring up in us that which needs healing, such as old hurts and betrayals.

Brief Encounters by Emily Coleman and Betty Edwards is sub-

titled, "How to make the most of relationships that may not last forever." *The Tao of Love and Sex* by Jolan Chang looks at ancient Chinese teachings in order to more fully experience the ecstasy of physical love. If you have recently experienced a break in a relationship, *How to Survive the Loss of a Love* by Colgrove, Bloomfield and McWilliams or *Rebuilding: When Your Relationship Ends* by Bruce Fisher may be helpful.

Another important new book might be said to describe the failure of love. *Outgrowing the Pain* by Eleana Gil is written for and about adults who were abused as children. Many more of us were abused, often, than realize it, for neglect and psychological abuse are as damaging as physical abuse. This simple yet powerful book explores the ways we deny and compensate for such experiences.

But perhaps you would rather enjoy a good novel! A very popular book is *The Way of the Peaceful Warrior* by Dan Millman. While pursuing his dream of becoming a champion gymnast at college, Dan meets Socrates, who becomes his teacher and changes the way that he lives. Contrasting Dan's life to his own way of the Peaceful Warrior, Socrates teaches and challenges Dan into facing his own illusions. This wise, humorous and exciting book is a true tale, reminiscent in some ways of the Don Juan teachings.

Happy reading from this selection of books for personal growth!

[Catherine Harris is owner of Peralandra Books and Records at 790 E. 11th Ave., 485-4848.]

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