



How to Love Yourself (and Sometimes Other People): Spiritual Advice for Modern Relationships

By Lodro Rinzler, Meggan Watterson, Rinzler Lodro

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How to Love Yourself (and Sometimes Other People) is a smart, hip guide for spiritual seekers who want to experience more love and stability in all forms of relationships. Told from the unique vantage points of authors Meggan Watterson and Lodro Rinzler, this book explores staying anchored in the foundation of self-love as you navigate the natural (and often stormy) cycle of a relationship. Their dual perspectives as teachers and scholars of Christian mysticism and Buddhism make for a rich and fascinating dialogue that covers everything from sex, self-worth, falling in (and out of) love, deep friendships, to breakups—and how to maintain an open heart through it all.

At its core, this book is about learning to love yourself no matter what. Meggan and Lodro suggest that you are worthy of love, both self-love and the love of others. They aren't experts on how to get that man or lady to fall in love with you, nor are they experts on how to have "the perfect relationship." They are spiritual teachers who know that relationships have a life of their own, and can speak to the human element of what it means to experience them fully. In the process, they share deeply personal, revealing, honest anecdotes and spiritual practices to assist you with the inevitable ebbs and flow of love in all its manifestations.

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- Sales Rank: #69556 in Books
- Brand: Hay House
- Published on: 2015-09-15
- Released on: 2015-09-15
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .52" w x 5.50" l, .0 pounds
- Binding: Paperback
- 208 pages

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Editorial Review

Review

“How to Love Yourself (and Sometimes Other People) is a modern-day guide to all things relationship—starting with numero uno—yourself. I highly recommend this book to anyone who would like more love in their life. And last time I checked that was everyone on the planet.”

— Christiane Northrup, M.D., New York Times best-selling author of *Goddesses Never Age*

“How to Love Yourself is one of the best books I’ve read on the topic of relationships. This book translates life-changing spiritual principles in a hip and relevant way. Meggan and Lodro offer the most treasured gift; a pathway to learn to love yourself no matter what. I recommend this book to anyone ready to give, receive, and embody love.”

— Gabrielle Bernstein, New York Times best-selling author of *Miracles Now*

“This is a new kind of self-help book. There is no perfection and pontificating here—just the beautiful, messy, and wonderful truth about love, shared with great generosity. While both authors are deeply steeped in their mutual wisdom traditions, their greatest teachings are in the personal stories they share. No matter what is (or isn’t) happening in your life, Lodro and Meggan help you to see that your whole life is your love life.”

— Susan Piver, New York Times best-selling author of *The Wisdom of a Broken Heart* and *Start Here Now*

“*How to Love Yourself* is an illuminating look at love—a quality hard to figure out even as we are taught that it makes the world go ‘round. The book is wise, useful, and also great fun to read. Lodro, from his long-term Buddhist practice, and Meggan, with her Christian mystic background, offer different ways of viewing love as the force that frees us to truly be ourselves, and be happy.”

— Sharon Salzberg, author of *Lovingkindness* and *Real Happiness*

“The great thing about Lodro and Meggan writing a book about love is that you get perspectives from both a

down-to-earth Buddhist dude, and a hot female mystic—AND!—double the jokes and love stories. The result is a lot of truth and modern wisdom on how to expand your capacity to love—in suffering, in sex, in separation, in spirit, in your very real life that could always be filled with more love.”

— Danielle LaPorte, New York Times best-selling author of *The Desire Map* and *The Fire Starter Sessions*

“I so wish I had read this book when I was 18 and just starting out in the dating world. It would have saved me a lot of trouble and a boatload of Kleenex. Meggan and Lodro are not only totally sane in their approach to relationships, they’re also practical and hilarious. This page-turner will most assuredly crack you up, but more importantly, it will ease your path to finding the love of your life, whether that turns out to be someone else or the person staring back at you when you look in the mirror.”

— Kate Northrup, best-selling author of *Money, A Love Story*

“I am so grateful the universe shifted and brought both Meggan and Lodro together to share this sacred work. Loving yourself is no easy task but it’s the most rewarding lesson. *How To Love Yourself (and Sometimes Other People)* is a manual that helps you dive deep into the cave of your own heart so you can become your own beloved. This step-by-step guide helps you crack open the most auspicious part of you so that you can walk safely in love. If you are ready to courageously leap out of fear and into unconditional love, this is the book for you.”

— Kyle Gray, best-selling author of *Angel Prayers*

“Meggan Watterson and Lodro Rinzler have written a modern-day spiritual ‘he said, she said’ as they guide us along the path to loving ourselves fiercely, ultimately giving way to loving others and being loved. Intimate, entertaining, provocative, and revealing, *How To Love Yourself (and Sometimes Other People)* is for all seekers of self-love and self-acceptance. Give your heart a gift and immerse yourself in the wisdom and lessons this book has to offer—you just may find love where you least expect it.”

— Nancy Levin, best-selling author of *Jump . . . And Your Life Will Appear*

“How To Love Yourself (And Sometimes Other People)” has real modern gems in it, and the down-to-earth and complementary voices of its authors, Meggan and Lodro—both young experts in their own spiritual fields—leaves you feeling like they are totally present with you as you read these pages. What really helps us to navigate love is a good conversation with trusted friends, friends who don’t judge us, friends who actually know what they are talking about. Meggan and Lodro both show their ability to be those friends, to themselves, to each other, and to us as we read along.”

— Ethan Nichtern, author of *The Road Home*

“Looking for love? Well, stop. Seriously, the search is over. Meggan and Lodro remind us that love is right here, within. There’s nowhere we need to go or some better version of ourselves we need to become. *How To Love Yourself* is that slap to the forehead that we all can use. This beautiful gem reminds us that we are love and therefore we don’t need to wait for a partner to find love. We can get that party started right now—and then a partner can swing in and join us on this wild adventure of loving ourselves. No stress. No expectations. Just love.”

— Kris Carr, New York Times best-selling author of *Crazy Sexy Diet* and *Crazy Sexy Kitchen*

About the Author

Lodro Rinzler is a teacher in the Shambhala Buddhist lineage and the author of five books on meditation including the best-selling *The Buddha Walks into a Bar...* and the award-winning *Walk Like a Buddha*. Over the last 14 years he has taught numerous workshops at meditation centers, businesses, and college campuses throughout North America. Lodro’s columns appear regularly on the *Huffington Post*, *Marie Claire*, and *Elephant Journal* and he has been featured on WNYC, WBUR, FOX, the CBC, *Bloomberg Businessweek*, and *Fast Company*. He is the founder of the Institute for Compassionate Leadership, an authentic leadership training organization, and lives in Brooklyn with his dog Tillie and his cat Justin Bieber. Website: www.lodrorinzler.com

Meggan Watterson is an author, international speaker, and Harvard-trained scholar of the divine feminine who inspires seekers to live from the audacity and authenticity of the voice of their soul. Her first book with Hay House titled *REVEAL: A Sacred Manual for Getting Spiritually Naked* is described as “ignited prayer” by Eve Ensler, “life-changing” by Dr. Christiane Northrup, and “a blessing to the world,” by Gabrielle Bernstein. She has a Masters of Theological Studies from Harvard Divinity School and a Masters of Divinity from Union Theological Seminary at Columbia University. Website: www.megganwatterson.com

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Douglas Moskowitz:

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