



Buddha & Love: Timeless Wisdom for Modern Relationships

Lama Ole Nydahl

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Covering a broad spectrum of topics such as sexuality, infidelity, parenting, and divorce, *Buddha & Love* explores all aspects of love and partnership from a Buddhist perspective. Lama Ole Nydahl, a Buddhist Lama in the Karma Kagyu tradition of Tibetan Buddhism, explains how a Buddhist approach to relationships can help us to relax our minds, break bad habits, and use relationships to grow ourselves and benefit everyone around us. Unafraid of taboo topics, and free from sappy cliches and political correctness, Nydahl provides modern people with practical advice on how to love better.

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