

Relationship Book Debunks Mars-Venus Divide, Links Evolutionary Psychology to Spirituality

This book explores the four enemies of love: violence, pettiness, vanity, and our reproductive agenda. Beyond those, nothing keeps us from unconditional love.

MOUNTAIN VIEW, CALIFORNIA, USA, March 21, 2017 /EINPresswire.com/ -- Why is there so much conflict around sexuality? How does a relationship that began with joy end up feeling like a chore? Why is attraction so seldom reciprocated? And what, if anything, does online dating have to do with love? [The Authentic Lover](#) explores the four great enemies of love: violence, pettiness, vanity, and our reproductive agenda. If we can overcome these formidable enemies, nothing more keeps us from the vast experience of unconditional love.



The Authentic Lover

Starting from the raw data of evolutionary psychology and other modern research, *The Authentic Lover* takes the reader on a journey through traditional wisdom, Rumi's poetry, samurai culture, and the dry humor that comes from firsthand experience. Specific contemplations are offered to address the problems described and attain the corresponding virtues conducive to unconditional love: gentleness, grace, charm, and mystery.

“

This genuinely helpful relationship book reads smoothly and quickly, propelled by often graceful prose... Powerful, persuasive encouragement toward better and wiser loving.”

Kirkus Reviews

- The book discusses the perennial topics of love and sex in a frank and original voice.
- The book is the first to link insights of evolutionary psychology with spiritual practice.
- It debunks *Men Are from Mars, Women Are from Venus* in a single endnote!
- Readers who loved *The Art of Loving* by Erich Fromm will love *The Authentic Lover*.

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Book trailer: <https://www.youtube.com/watch?v=0eWwFqjIFcE>

About the author

A longtime student of Love and of Buddhism, Chris Hakim has lived in seven countries on three continents and stopped at Mountain View, California for longer than usual. He is a self-taught electronics engineer and holds the degree of Doctor of Traditional Chinese Medicine. He is also the coauthor of Essentials of Tibetan Traditional Medicine.

Title: The Authentic Lover : Reclaiming Love's Beauty and Power

Author: Chris Hakim

Publisher: Wise Love Books

204 pages, 5.5" x 8.5" (140 mm x 216 mm)

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