



If the Buddha Married: Creating Enduring Relationships on a Spiritual Path (Compass)

By Charlotte Kasl

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Zen and the art of lasting relationships . . .

Filled with the same lighthearted, highly practical, spiritually sound guidance that resonated with readers of *If the Buddha Dated*, this book is a fresh and inspiring guide for anyone who wants to strengthen, deepen, or revitalize a relationship or marriage. Charlotte Kasl, PhD, renowned for her ability to speak with depth, wisdom, and humor on important matters of the heart, empowers us to create fulfilling and vibrant relationships through a commitment to awareness, truth, and compassion.

If the Buddha Married explores how a "beginner's mind" can help us see our partners and ourselves afresh each day as we learn to nurture our commitment to each other. Marriage is truly a journey. Combining key teachings of Buddhism, Christianity, and other spiritual traditions with elements of psychology, this book is a wise and trusted guide through the joys and challenges of relationships that last and grow.

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Editorial Review

From Publishers Weekly

Last year, psychotherapist Charlotte Kasl explored the first flushes of romance in *If the Buddha Dated*; now she takes the next step in *If the Buddha Married: Creating Enduring Relationships on a Spiritual Path*. There is some strong, wise marital advice here, but how Buddhist is it? One glaring fact that Kasl never so much as mentions is that the Buddha did have a wife and child, whom he abandoned in the quest for enlightenment. A more interesting book would have investigated the tensions between the demands (and joys) of marital relationships and the individual's need to embark on the spiritual journey.

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Review

Praise for *If the Buddha Dated*

“[Charlotte Kasl] adds an entirely new level of understanding to our lives through love and not fear.”
—Geneen Roth, author of *When Food is Love*

“[This book] focuses not on a lot of basic how-to's or manipulations but on creating spiritual bonds. Kasl does a beautiful job weaving Eastern philosophy into modern day relationships.” —Janet Luhrs, author of *Simple Loving* and *The Simple Living Guide*

Praise for *If the Buddha Married*

“[Kasl] brings the Buddha's wisdom to the complex world of relationships. We've all heard that marriage can be a spiritual experience; reading this book, you actually believe it.” —Marianne Williamson, *New York Times* bestselling author of *A Return to Love* and *A Year of Miracles*

“Filled with succinct and practical advice that is immersed in spiritual wisdom.” —Brenda M. Schaeffer, author of *Is It Love or Is It Addiction?* and *Love's Way*

Praise for *If the Buddha Had Kids*

“Dr. Kasl provides a wonderful blend of Buddhist wisdom, practical suggestions, psychological research, and her own rich perspective of being a mother. Parents will find this book very helpful in their efforts in promoting healthy brain development.” —Daniel Ladinsky, author of *Love Poems from God*, *A Year with Hafiz*, and *The Purity of Desire*

“This book brings the wisdom of the ages to bear to help parents inways that are extraordinarily inspiring and remarkably practical. You discover compassion for your child and compassion for yourself.” —Marti Erikson, PhD, coauthor of *Last Child in the Woods*

Praise for *If the Buddha Got Stuck*

“*If the Buddha Got Stuck* provides a roadmap to freedom and greater possibilities. Regardless of your starting place, Kasl will help you achieve greater joy, authenticity, and peace of mind. . . . Encouraging, practical, beautifully written.” —Laura Davis, author of *I Thought We'd Never Speak Again* and coauthor of *The Courage to Heal*

“Charlotte Kasl's new book overflows with insight, humor and eminently practical suggestions.” —Anita Doyle, former Director of the Jeannette Rankin Peace Center, Missoula, MT

“If previous attempts to work with your life from a Western philosophical or psychological perspective encountered gaps . . . [consider this] your bridge.” —Rowan Conrad, PhD, Director, Open Way Mindfulness Center

“*If The Buddha Got Stuck* brings perspective, inspiring stories, and useful exercises to feel less overwhelmed by life's difficulties.” —Lisa M. Najavits, Ph.D., Associate Professor in Psychiatry, Harvard Medical School and author of *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse*

From the Back Cover

If the Buddha Married is filled with the same highly practical, spiritually sound guidance that so clearly touched a chord with readers of *If the Buddha Dated*. Charlotte Kasl, Ph.D., is a therapist, workshop leader, and spiritual practitioner who is renowned for her ability to speak with depth, wisdom, and humor on important matters of the heart.

In this new book Charlotte Kasl inspires us to create fulfilling and vibrant relationships through a commitment to awareness and truth. Marriage is truly a journey -- combining key teachings of Buddhism with elements of psychology and other spiritual traditions, *If the Buddha Married* becomes a wise and trusted guide through the joys and thicket of relationships that last and grow.

Users Review

From reader reviews:

Terry White:

Playing with family in a park, coming to see the sea world or hanging out with friends is thing that usually you have done when you have spare time, subsequently why you don't try matter that really opposite from that. One particular activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love *If the Buddha Married: Creating Enduring Relationships on a Spiritual Path (Compass)*, it is possible to enjoy both. It is fine combination right, you still want to miss it? What kind of hang type is it? Oh can happen its mind hangout people. What? Still don't get it, oh come on its known as reading friends.

Susan Frame:

As we know that book is vital thing to add our knowledge for everything. By a publication we can know everything we would like. A book is a list of written, printed, illustrated or perhaps blank sheet. Every year

ended up being exactly added. This guide If the Buddha Married: Creating Enduring Relationships on a Spiritual Path (Compass) was filled in relation to science. Spend your extra time to add your knowledge about your scientific disciplines competence. Some people has several feel when they reading a new book. If you know how big benefit of a book, you can feel enjoy to read a e-book. In the modern era like right now, many ways to get book which you wanted.

Aletha Bassett:

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Kent Brown:

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