



Love's Simple Truths - Meditations on Rumi & The Path of The Heart

Ross Heaven, Kathleen Charlotte

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What is love? How can we be more loving in our relationships? How do we learn to trust again after love has let us down? Why do we find it so hard to receive love? Does love sometimes blind us to the truth? How do we know if our relationships are healthy? How do we mend a broken heart? In *Love's Simple Truths*, spiritual psychologists, Ross Heaven and Kathleen Charlotte provide answers to the 100 "universal questions" asked about love by relationship clients; answers that are sometimes surprising, but always illuminating, insightful, and inspiring. Their advice is illustrated with the words of Jalalludin Rumi, the revered Sufi mystic and poet of the heart. Excerpts from Rumi's great works on love are arranged as meditations on the questions this book explores, so that readers can reflect on the insights they offer and learn more about what love means to them. Simple and straightforward, light yet profound, *Love's Simple Truths* shows us how to step onto *The Path of The Heart* and learn from the greatest teachers of all: ourselves and our lovers. Through them, we will discover all we need to know about who we really are and what we most want from love. A beautiful book with a beautiful heart which holds up a mirror to our innermost selves and the truths that we are living. Tania Ahsan, Journalist: *The Guardian* and *London Metro* newspapers
Ross Heaven is a therapist with healing practices in the UK and Ireland, and the author of eight other books on love and the healing arts, including *The Way of The Lover* and *The Four Gates to Freedom*. Kathleen Charlotte is a psychologist and counsellor specialising in relationship advice for singles and couples. She is the author of one previous book on love.

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