



A Little Book of Love: Buddhist Wisdom on Bringing Happiness to Ourselves and Our World

Moh Hardin

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Teachings from the Buddhist tradition on opening the heart and deepening relationships, written with unusual clarity, simplicity, and warmth—for readers of any background.

This short, practical, and inspiring book presents Buddhist wisdom on love, relationships, and finding true contentment in life. Love is far more than merely an emotion we feel toward our partners, families, and friends; it is a way of being awake in the world, of living beyond the ego. Moh Hardin offers key insights and practices from the Buddhist tradition for awakening, deepening, and expanding love in our lives, starting with ourselves, then moving outward to our partners and children, and ultimately reaching even strangers, perceived enemies, and all living beings.

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