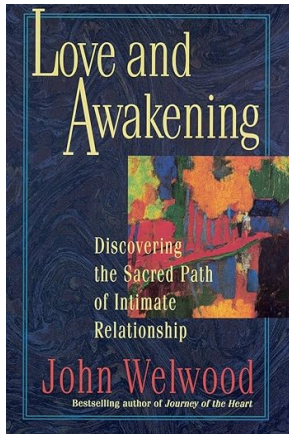




Books > Religion & Spirituality > Christian Books & Bibles



# Love and Awakening: Discovering the Sacred Path of Intimate Relationship

 Paperback –

January 10, 1997

by John Welwood (Author)

4.6 80 ratings [See all formats and editions](#)

**"Welwood has combined Eastern philosophy with Western teachings in previous bestsellers and here turns to long-term intimacy as the most spiritual teacher in life... Welwood welcomes us to the magic of our innermost nature as reflected in the gaze and soul of the beloved."**  
— *San Francisco Chronicle*

Unlike other guides that focus on how to make relationships work, this groundbreaking book teaches couples how their relationships can make their lives work. Combining the practical advice of Harville Hendrix with the spiritual guidance of Thomas Moore, it shows couples how their relationships can help them discover their sacred selves in such chapters as

[Read more](#)

[Report an issue with this product or seller](#)

Print length



272 pages

Language



English

*the best yet? If they feel connected with the teacher, success is on its way! Build*

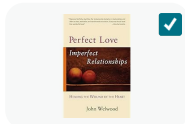
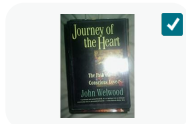
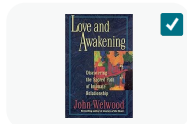


by-Step Guide to Transform Student...

by Claire E Hallinan  
 171  
\$7.99

Sponsored

## Frequently bought together



Total price: \$40.06

[Add all 3 to Cart](#)

**This item:** Love and Awakening: Discovering the Sacred Path of Intimate Relationship  
\$12<sup>79</sup>

**Journey of the Heart: The Path of Conscious Love**  
\$13<sup>59</sup>

**Perfect Love, Imperfect Relationships**  
\$13<sup>68</sup>

## Similar items that ship from close to you



Enjoy fast, free delivery, exclusive deals, and award-winning movies & TV shows with Prime  
Try Prime and start saving today with fast, free delivery

Hardcover <b>\$28.72</b>	<b>Paperback</b> <b>\$12.79</b>
Mass Market Paper... <b>\$19.09</b>	Audio, Cassette <b>\$9.95</b>

[Other Used, New, Collectible](#) from \$1.86

Buy new:

**-20%** \$12<sup>79</sup>

List Price: \$15.99

Get **Fast, Free Shipping** with Amazon Prime  
[FREE Returns](#)

Join Prime to get FREE delivery **Monday, November 18**. Order within 6 hrs 56 mins

Or Non members get **FREE delivery Thursday, November 21** on orders shipped by Amazon over \$35

Delivering to Los Angeles 90066 - [Update location](#)

In Stock

Quantity: 1

[Add to Cart](#)

[Buy Now](#)

Ships from Amazon.com  
Sold by Amazon.com  
Returns [Returnable until Jan 31, 2025](#)  
Payment [Secure transaction](#)

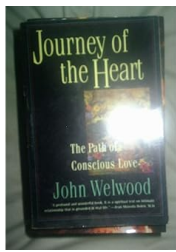
Add a gift receipt for easy returns

Save with Used - Good

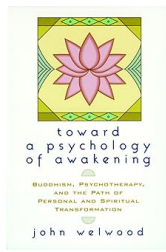
\$9<sup>57</sup>

Join Prime to get FREE delivery **Tuesday, November 19**

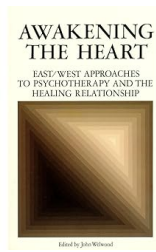
Ships from: Amazon  
Sold by: ZBK Wholesale



**Journey of the Heart: The Path of Conscious Love**  
 > John Welwood  
 ★★★★★☆ 160  
 Paperback  
 -24% \$13<sup>59</sup>  
 List: \$17.99  
 Get it as soon as **Thursday, Nov 21**  
 FREE Shipping on orders over \$35 shipped by Amazon



**Toward a Psychology of Awakening: Buddhism, Psychotherapy, and the...**  
 > John Welwood  
 ★★★★★☆ 150  
 Paperback  
 -18% \$24<sup>54</sup>  
 List: \$29.95  
 Get it as soon as **Thursday, Nov 21**  
 FREE Shipping on orders over \$35 shipped by Amazon



**Awakening the Heart: East/West Approaches to Psychotherapy and the...**  
 > John Welwood  
 ★★★★★☆ 29  
 Paperback  
 -33% \$16<sup>69</sup>  
 List: \$24.95  
 Get it as soon as **Thursday, Nov 21**  
 FREE Shipping on orders over \$35 shipped by Amazon

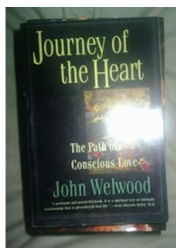
Add to List

**Other sellers on Amazon**

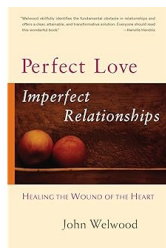
New & Used (74) from \$5<sup>85</sup> & **FREE Shipping**

Sponsored ⓘ

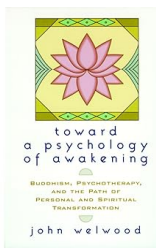
Customers who viewed this item also viewed



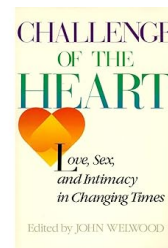
**Journey of the Heart: The Path of Conscious Love**  
 > John Welwood  
 ★★★★★☆ 160  
 Paperback  
 -24% \$13<sup>59</sup>  
 List: \$17.99  
 Get it as soon as **Thursday, Nov 21**  
 FREE Shipping on orders over \$35 shipped by Amazon



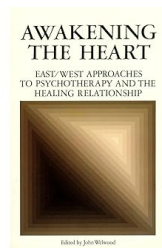
**Perfect Love, Imperfect Relationships: Healing the Wound of the Heart**  
 > John Welwood  
 ★★★★★☆ 295  
 Paperback  
 -19% \$13<sup>68</sup>  
 List: \$16.95  
 Get it as soon as **Thursday, Nov 21**  
 FREE Shipping on orders over \$35 shipped by Amazon



**Toward a Psychology of Awakening: Buddhism, Psychotherapy, and the...**  
 > John Welwood  
 ★★★★★☆ 150  
 Paperback  
 -18% \$24<sup>54</sup>  
 List: \$29.95  
 Get it as soon as **Thursday, Nov 21**  
 FREE Shipping on orders over \$35 shipped by Amazon



**Challenge of the Heart: Love, Sex, and Intimacy in Changing Times**  
 > John Welwood  
 ★★★★★☆ 9  
 Paperback  
 -42% \$17<sup>43</sup>  
 List: \$29.95  
 Get it as soon as **Thursday, Nov 21**  
 FREE Shipping on orders over \$35 shipped by Amazon  
 Only 1 left in stock - order...



**Awakening the Heart: East/West Approaches to Psychotherapy and the...**  
 > John Welwood  
 ★★★★★☆ 29  
 Paperback  
 -33% \$16<sup>69</sup>  
 List: \$24.95  
 Get it as soon as **Thursday, Nov 21**  
 FREE Shipping on orders over \$35 shipped by Amazon

Editorial Reviews

Review

"Original, honest, and profound, this book offers a powerful new message for love and intimacy in the nineties and beyond. Read it, and your relationships will never be the same again." — **John Gray**

"An invaluable and pioneering resource guide...By far the best book on relationships that I" — **Fold Way**

"Few writers who explore contemporary love as a sacred path do so as lyrically, as deeply, and as cogently as John Welwood. In his beautifully rendered new book Love and Awakening, Welwood examines human relationship at that unique juncture where psychology and spirituality meet." — **Body Mind Spirit**

"Original, honest, and profound, this book offers a powerful new message for love and intimacy in the nineties and beyond. Read it, and your relationships will never be the same again." — **John Gray, Author of Men Are from Mars, Women Are from Venus**

"Welwood has combined Eastern philosophy with Western teachings in previous bestsellers and here turns to long-term intimacy as the most spiritual teacher in life.... Welwood welcomes us to the magic of our innermost nature as reflected in the gaze and soul of the beloved." — **San Francisco Chronicle**

From the Inside Flap

"A soul connection is a resonance between two people who see each other's essential beauty, behind their facades, and who connect on this deeper level. This kind of mutual recognition provides the catalyst for a potent alchemy. It is a sacred alliance whose purpose is to help both partners

discover and realize their deepest potentials." Men and women are searching for deeper meaning and purpose in their everyday lives and in their relationships. In his groundbreaking new book, *Love and Awakening*, which takes up where his best-seller *Journey of the Heart* left off, renowned author and psychotherapist John Welwood, Ph.D., points the way. He shows how intimate relationship is a powerful spiritual teacher that can help two people discover their deepest capacities and resources, while learning to relate to each other in a more honest, enriching, and enlivening way. Starting out by addressing the question that inevitably arises in every relationship-- "What am I doing here, is this really worth the struggle?"-- *Love and Awakening* sets forth a compelling new paradigm of relationship as a path of soulwork. Welwood shows how every psychological obstacle arising between two lovers provides a special kind of spiritual opportunity-- to tap into hidden inner resources and go deeper with each other. The book offers not only a new vision, but also a wealth of practical guidance to help couples work with their most difficult problems, through learning to relate to the whole range of their experience with greater awareness and loving-kindness. Also included are lively dialogues from Welwood's relationship workshops that dynamically illustrate the book's core ideas and demonstrate simple, direct ways to connect more deeply with oneself and one's partner. Written in a poetic style that remains faithful to the spirit of love, with chapters ranging from "Soulwork and Sacred Combat" and "The Power of Truth-Telling," to "The Inner Marriage" and "Men in Relationship," this book will compel and inspire readers to approach their relationships in a whole new way. As two people learn to let their love awaken them from the frozen habits of past conditioning, they embark on the path of "conscious relationship." *Love and Awakening* is about much more than just making a relationship work; it's about how a relationship can make one's whole life work in a richer, more deeply satisfying way.

▼ [Read more](#)

---

## Product details

**Publisher** : Harper Perennial; First Edition (January 10, 1997)

**Language** : English

**Paperback** : 272 pages

**ISBN-10** : 0060927976

**ISBN-13** : 978-0060927974

**Item Weight** : 8 ounces

**Dimensions** : 8.01 x 5.31 x 0.65 inches

**Best Sellers Rank**: #326,704 in Books ([See Top 100 in Books](#))

#1,423 in [Interpersonal Relations \(Books\)](#)

#1,621 in [Love & Romance \(Books\)](#)

#1,729 in [Marriage](#)

**Customer Reviews**: 4.6  80 ratings

## Videos

Help others learn more about this product by uploading a video!

[Upload your video](#)

---

## About the author

Follow authors to get new release updates, plus improved recommendations.




### John Welwood

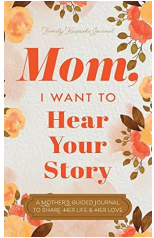
As a psychotherapist, teacher, and author, John Welwood has been a pioneer in integrating psychological and spiritual work. Welwood has published several books, including the best-selling *Journey of the Heart* (HarperCollins, 1990), as well as *Challenge of the Heart* (Shambhala, 1985), and *Love and Awakening* (HarperCollins, 1996). He is an associate editor of the *Journal for Transpersonal Psychology*. He leads workshops and trainings in psychospiritual work and conscious relationship throughout the

[Follow](#)

---

## Related products with free delivery on eligible orders

Sponsored  | Try Prime for unlimited fast, free shipping



**Mom, I Want to Hear Your Story: A Mother's Guided Journal To Share Her Life & Her Love**  
Jeffrey Mason

*Are you looking for a gift your Mom will love and appreciate? Give her, "Mom, I want to Hear Your Story."*

★★★★☆ 12,899  
Hardcover

\$17<sup>96</sup>

✓prime



**How to Talk to a Man and Feel Heard: 9 Mistakes Women Need To Avoid: Improve couple...**  
Sue Shepard MFT

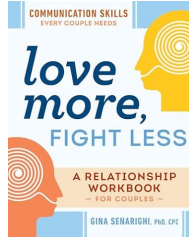
*Want a deeper connection? Discover fresh insight and surprisingly simple things that can improve communication in relationships.*

★★★★☆ 218

Paperback

\$15<sup>99</sup>

✓prime



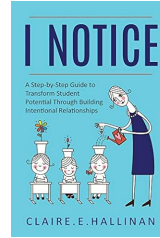
**Love More, Fight Less: Communication Skills Every Couple Needs: A Relationship Work...**  
Gina Senarighi PhD CPC

★★★★☆ 2,268

Paperback

\$17<sup>09</sup>

✓prime



**I Notice: A Step-by-Step Guide to Transform Student Potential Through Building Intentional Relationships**  
Claire E Hallinan

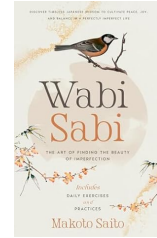
*Frustrated teachers, empower with a transformative approach! Cultivating authentic relationships boost student performance and regain control.*

★★★★☆ 171

Paperback

\$7<sup>99</sup>

✓prime



**Wabi Sabi - The Art of Finding the Beauty of Imperfection: Discover Timeless Japane...**  
Makoto Saito

★★★★☆ 99

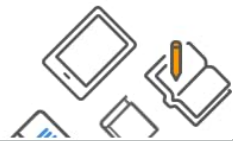
Paperback

\$14<sup>97</sup>

✓prime

Sponsored ⓘ

How would you rate your experience shopping for books on Amazon today? ✕



### Customer reviews

★★★★☆ 4.6 out of 5

80 global ratings



✓ How customer reviews and ratings work

### Customers say

Customers find the book great, easy to read, and valuable for self-awareness. They also say it's a good reference tool and helpful for hearing the theory.

AI-generated from the text of customer reviews

#### Select to learn more

✓ Readability | ✓ Value for self

Top reviews ▾

### Top reviews from the United States

HT

★★★★☆ Great book and very helpful to both hear the theory ...

Reviewed in the United States on May 18, 2018

**Verified Purchase**

Great book and very helpful to both hear the theory behind the approaches and also see examples of the approaches. Very useful!

Helpful

| Report

Meg

**★★★★★ This is great if you're single or in a relationship**

Reviewed in the United States on March 30, 2013

**Verified Purchase**

I wish I would have read this book years ago. It would have made it a lot easier to communicate with everyone, not just my significant other. The companion book is also excellent. This should be assigned reading in junior high.

One person found this helpful

Helpful

| Report

Amazon Customer

**★★★★☆ Four Stars**

Reviewed in the United States on November 12, 2017

**Verified Purchase**

A good reference tool.

Helpful

| Report

Lana Wood

**★★★★★ Great Self Awareness Book**

Reviewed in the United States on June 7, 2021

**Verified Purchase**

This is a great self awareness book even if you are single.

One person found this helpful

Helpful

| Report

P. M. Youn

**★★★★★ A must read for those seeking personal growth.**

Reviewed in the United States on October 8, 2012

**Verified Purchase**

I purchased this book because a friend of mine recommended it to me, and it became a "must read" for me (must read again and again and again). It was pleasantly eye-opening in my spiritual journey, as well as in the soul-mate matter. Welwood has a way of writing in a very gentle, loving and direct way, in the process of kindly awakening the reader.

3 people found this helpful

Helpful

| Report

Theresa

**★★★★★ Awesome Book**

Reviewed in the United States on May 22, 2013

**Verified Purchase**

This is wonderful because it gives some real deep insights on the highs and lows of relationships. I wish I had read it 20 years ago. It takes you out of the fantasy and brings you into the reality of dealing with another person on a day by day bases.

2 people found this helpful

Helpful

| Report

Amazon Customer

**★★★★★ great book so far**

Reviewed in the United States on April 18, 2018

**Verified Purchase**

Just started reading, great book so far.

Helpful

| Report



J. Fullam

★★★★★ **Great read!**

Reviewed in the United States on January 16, 2013

**Verified Purchase**

A great book if your are looking to better yourself and your relationship. It was an easy read which is always nice for me.

Helpful

| Report

[See more reviews >](#)

## Top reviews from other countries

[Translate all reviews to English](#)



Anne

★★★★★ **Goes Deep**

Reviewed in Canada on February 26, 2024

**Verified Purchase**

If you want to do a deep dive alone or in partnership this is a wonderful book.

Report



Amazon Kunde

★★★★★ **Rezepte zur richtigen Lebensführung**

Reviewed in Germany on December 8, 2016

**Verified Purchase**

Wir lernen in der Schule Rechnen, Schreiben, Lesen, Computer bedienen und uns nach den Bedürfnissen der Wirtschaft ausrichten! Was jedoch Kaum Jemand lehrt ist, wie lerne ich Lieben? Wie geht man mit Emotionen um? Welches ist der rechte Zugang zu mir selber? Die alte Frage: Wer bin ich? beinhaltet mehr, als Rechnen und Lesen können. Ohne die Suche und dem Verstehen nach seinem Wesen bleiben wir uns fremd. Eigentlich gehört John Welwoods Buch obligat in die Schule!

Report

[Translate review to English](#)



sofia

★★★★★ **excellent book about love and relationships**

Reviewed in the United Kingdom on October 3, 2015

**Verified Purchase**

I cannot find words to describe how thankful I am for this book. This is probably the best book I've read on relationships and what to do when things go wrong. Great and insightful approach of problems and great description of what love is all about. There is so much hope and inspiration on this book, I think it should be read by everyone before marriage or in serious relationships.

Report



ティモシー

★★★★★ **愛を追求すると**

Reviewed in Japan on April 19, 2009

**Verified Purchase**

恋愛をロマンスを超えて人間の魂の成長にまで考察した本。男女の磁石、強い引きと強い反発、それに伴う心の動揺、相手を責めてしまう（実は頭では悪くないとわかっている、ついで）という心理。そのせめぎあいを超えていく先にみえてくるより豊かな人間関係と成長。浮上してくる心の痛みとどう向き合い、愛情を育てていくか。愛というエネルギーがどのように

小さな自己を揺さぶり、突き動かしていくか、命の源に触れてきて人を大きく成長させるか。

この本は、男女というタイトルのために損していると思いました。とても深い人間理解の上にかかれているため、どの関係にもあてはめることができ、自己を深く理解したい人や、失くしてしまった恋愛関係を振り変える時にも、大恋愛の渦中で、へろへろになっている方にも現状理解を促してくれます。

Report

[Translate review to English](#)



Layne Martin

★★★★★ **If you've ever wondered how to turn love into a platform from which to dive inside of ...**

Reviewed in the United Kingdom on August 13, 2016

**Verified Purchase**

If you've ever wondered how to turn love into a platform from which to dive inside of yourself, read this. If you haven't, read this. I'm not even in a relationship and I'll never look at love the same way again after reading this book. No, savoring every word of this book. Really good stuff.

Report

[See more reviews >](#)

[Back to top](#)

### Get to Know Us

Careers  
Amazon  
Newsletter  
About Amazon  
Accessibility  
Sustainability  
Press Center  
Investor Relations  
Amazon Devices  
Amazon Science

### Make Money with Us

Sell on Amazon  
Sell apps on Amazon  
Supply to Amazon  
Protect & Build Your Brand  
Become an Affiliate  
Become a Delivery Driver  
Start a Package Delivery  
Business  
Advertise Your Products  
Self-Publish with Us  
Become an Amazon Hub  
Partner  
[> See More Ways to Make  
Money](#)

### Amazon Payment Products

Amazon Visa  
Amazon Store Card  
Amazon Secured Card  
Amazon Business Card  
Shop with Points  
Credit Card Marketplace  
Reload Your Balance  
Gift Cards  
Amazon Currency Converter

### Let Us Help You

Your Account  
Your Orders  
Shipping Rates &  
Policies  
Amazon Prime  
Returns &  
Replacements  
Manage Your  
Content and  
Devices  
Recalls and  
Product Safety  
Alerts  
Registry & Gift List  
Help



English

United States

**Amazon Music**  
Stream millions of songs

**Amazon Ads**  
Reach customers wherever they spend their time

**6pm**  
Score deals on fashion brands

**AbeBooks**  
Books, art & collectibles

**ACX**  
Audiobook Publishing Made Easy

**Sell on Amazon**  
Start a Selling Account

**Veeqo**  
Shipping Software Inventory Management

**Amazon Business**  
Everything For Your Business

**Amazon Fresh**  
Groceries & More Right To Your Door

**AmazonGlobal**  
Ship Orders Internationally

**Home Services**  
Experienced Pros Happiness Guarantee

**Amazon Web Services**  
Scalable Cloud Computing Services

**Audible**  
Listen to Books & Original Audio Performances

**Box Office Mojo**  
Find Movie Box Office Data

**Goodreads**  
Book reviews & recommendations

**IMDb**  
Movies, TV & Celebrities

**IMDbPro**  
Get Info Entertainment Professionals Need

**Kindle Direct Publishing**  
Indie Digital & Print Publishing Made Easy

**Amazon Photos**  
Unlimited Photo Storage Free With Prime

**Prime Video Direct**  
Video Distribution Made Easy

**Shopbop**  
Designer Fashion Brands

**Amazon Resale**  
Great Deals on Quality Used Products

**Whole Foods Market**  
America's Healthiest Grocery Store

**Woot!**  
Deals and Shenanigans

**Zappos**  
Shoes & Clothing

**Ring**  
Smart Home Security Systems

**eero WiFi**  
Stream 4K Video in Every Room

**Blink**  
Smart Security for Every Home

**Neighbors App**  
Real-Time Crime & Safety Alerts

**Amazon Subscription Boxes**  
Top subscription boxes – right to your door

**PillPack Pharmacy**  
Simplified

**Amazon Renewed**  
Like-new products you can trust

[Conditions of Use](#) [Privacy Notice](#) [Consumer Health Data Privacy Disclosure](#) [Your Ads Privacy Choices](#)  

© 1996-2024, Amazon.com, Inc. or its affiliates