

Lessons in love

Be inspired by tales of true romance, Singapore-style, and learn about the little things you can do to grow your relationship. by NELLIE TAY

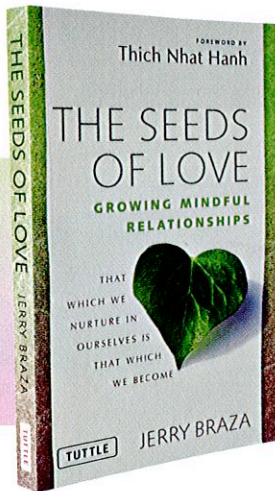
The Seeds of Love

PUBLISHED BY TUTTLE PUBLISHING

The Seeds of Love draws on a variety of faiths and traditions to illustrate how you can grow, deepen and transform your relationships using simple actions.

“Recognise the positive seeds in the person you love, water those seeds, and he will become much happier.”

— Thich Nhat Hanh, author of *The Seeds of Love*



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Start your journey of discovery with tips from the first chapter about keeping an open mind, and loving people for who they are.

There are tips too about giving positive ‘seeds’ — such as gratitude, generosity, joy and compassion — a chance to blossom. Learn how we can minimise the triggers for negative ‘seeds’ such as anger, fear, jealousy and doubt, and keep these behaviours and attitudes

dormant. Other communication tips include developing listening skills and recognising the effect of our words and their power to ‘water’ both positive and negative ‘seeds’ in others.

Short practical exercises at the end of each chapter also empower the reader with skills that can be incorporated in daily interactions with loved ones.

This book is an easy read, with real-life examples from the author's own experiences to illustrate how we can grow mindful relationships and nurture the best in everyone.

Brought Together

PUBLISHED BY THE STRAITS TIMES PRESS

This heartwarming pocket-friendly compilation of real-life Singaporean romances tells how couples were brought together through their network of friends and relatives. Each tale occupies a chapter, and starts off with an introductory inspiring quote about love.

In all cases, the message is the same — that love sometimes happens under unexpected circumstances, so long as you give it a chance. Read about how two letters which were mistakenly sent to the wrong addressees kick-started two beautiful relationships. Or how a woman was so taken by a newspaper article that she decided to play matchmaker, pairing the writer with her best friend.

Other notable love stories include that of deejay Yasminne Cheng, who hosts the popular *Love Songs* segment on *Class 95FM*, and *The Sunday Times* columnist Sumiko Tan, formerly Singapore's ‘most famous single woman’. Successful couples also share their take on love.

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“Someone once told me that while a couple represents two halves coming together, these halves should already be whole in themselves. I believe that you shouldn't try to find in somebody else, something that is missing in you.”

— Yasminne Cheng, *Class 95FM Deejay*

