



# Love Hurts: Buddhist Advice for the Heartbroken

*Lodro Rinzler*

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# Love Hurts: Buddhist Advice for the Heartbroken

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**Love Hurts: Buddhist Advice for the Heartbroken** Lodro Rinzler  
**Buddhist-inspired advice for working through romantic breakups and other painful emotional periods--by the best-selling author of *The Buddha Walks into a Bar...***

Buddhism has a lot to say about suffering--and there are likely few times we suffer more intensely than when we break up with a romantic partner. It feels like you may never recover sometimes. But Lodro Rinzler has wonderfully good news for those suffering heartbreak: the 2,500-year-old teachings of the Buddha are the ultimate antidote for emotional pain. And you don't need to be a Buddhist for them to apply to you. In this short and compact first-aid kit for a broken heart, he walks you through the cause and cure of suffering, with much practical advice for self-care as you work to survive a breakup. The wisdom he presents applies to any kind of emotional suffering. It's a great, practical offering of consolation for someone you know who's going through a tough time, and for yourself when you're looking for the light at the end of the tunnel in your own situation.

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