

MOTHER THERESA. THE DALAI LAMA. NELSON MANDELA. GANDHI. Some admire such figures from afar and think, *How special they are; I could never be like that.* But as John Makransky has learned, the power of real and enduring love lies within every one of us. *Awakening Through Love* is his guide to finding it.

“Awakening Through Love distills the wisdom of Tibetan Buddhism into a practical manual for contemporary life. It’s a must-read if you yearn for freedom, peace, and healing, not to mention unshakeable joy.”

Raphael Cushnir, author of [Setting Your Heart on Fire](#)

“Awakening Through Love is a root text in a lineage of applied social intelligence, offering us practical methods for cultivating our capacities for empathy and compassion—not in some remote mountain hermitage, but in the midst of life. John Makransky’s wisdom will benefit anyone who yearns to become a more loving human being.”

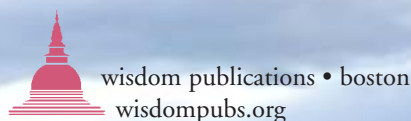
Daniel Goleman, author of [Social Intelligence](#)

“An uplifting and joyful reminder of our human potential, [Awakening Through Love](#) wonderfully supports our shift from a contracted self-centeredness to the profound expansiveness of connection with others.”

Sharon Salzberg, author of [Lovingkindness](#)

“A treasure of ambrosia-like wisdom, [Awakening Through Love](#) offers profound and clear instructions and meditations for realizing compassionate love, the essence of our pure human heart that awakens the awareness of universal peace and ultimate wisdom.”

Tulku Thondup, author of [Boundless Healing](#)



AWAKENING THROUGH LOVE
MAKRANSKY

AWAKENING THROUGH LOVE

Unveiling Your Deepest Goodness

JOHN MAKRANSKY

Foreword by Lama Surya Das

