



The More We Get Together: The Sexual & Spiritual Language of Love

Robert McDowell

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THE MORE WE GET TOGETHER is a blueprint for communication, whether we're looking to speak more gently to our friends, more compassionately to our coworkers, or more romantically to our lovers, the writing and speaking goals we learn throughout this book bring us closer, more in tune with our fellow travelers in a complicated world. Just as Robert McDowell's *POETRY AS SPIRITUAL PRACTICE* has become a beloved inspirational companion, *THE MORE WE GET TOGETHER* offers an original practice of poetry, journaling, and storytelling that **makes all of the connections between sex, language, love, and spirituality**. By discovering our own unique stories through each other, spiritual practice, and the heroic act of writing, **we can take our relationships and the work we do to new levels of evolved and healing consciousness.**

"This treasure of a book--the culled wisdom of a lifetime gathered and lovingly offered to us-- **should be required reading in high schools and everywhere else.** Why aren't we taught how to be loving partners and listeners? I wanted to absorb this book into my skin. Memorize it. Take notes on every nugget of wisdom folded into the pages. McDowell believes that today's awake man wants what today's awake woman wants, and that **language--especially poetry--is the key to relationships that are vibrant with divine spiritual practice, inventive playfulness and abiding love.** The writing prompts (McDowell calls them writing play) that end each chapter are designed to inspire poetry, journaling, love, and connections. McDowell's references are intriguing and wide-ranging (Temple Grandin and cows, modern movies, Sappho, Pablo Neruda, baseball, mythology, Dr. Jean Houston, and so much more), and all are combined and distilled with the ear and insight of a poet. **Reading this brilliant, honest and inspiring book may be a lifesaving experience.**"

---Susan Wooldridge, author of poemcrazy: freeing your life with words.

"Poetry exposes me to a different way of experiencing the world. I instantly translate the poems into pictures. I can see fields of grain or rain in Autumn. **It is fascinating to see all the patterns and rhythms that can be woven into language.** I always enjoy learning about the different ways that other people think of and experience the world."

--Temple Grandin, author of Thinking in Pictures

"McDowell weaves you and the Beloved into a wise song that lifts us all. **It's about waking up and looking into the eyes you desire.** It's about waking up, but not alone."

--Jean Gendreau

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