



the
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Hello,

The latest *Wise Brain Bulletin* is here! To read this issue, just go to the [*Wise Brain Bulletin* archive](#) and navigate to **Volume 14.1** under the heading 2020 Bulletins.

We open with a piece from Robin Ticic and Bruce Ecker where they share 4 key skills for giving, receiving, and encouraging emotional intimacy in romantic relationships.

Tara Sophia Mohr reminds us how love finds expression sometimes in unlikely ways.

Then, Melanie Medland shares Part II of her essay on conversations with teenagers, with a focus on how to use mindful inquiry to support teens who are grappling with moderate to severe anxiety and depression.

We close the issue with a method from Your Skillful Means on developing an inner guide.

I hope you enjoy this edition of the *Wise Brain Bulletin*.

Warmly,

Rick