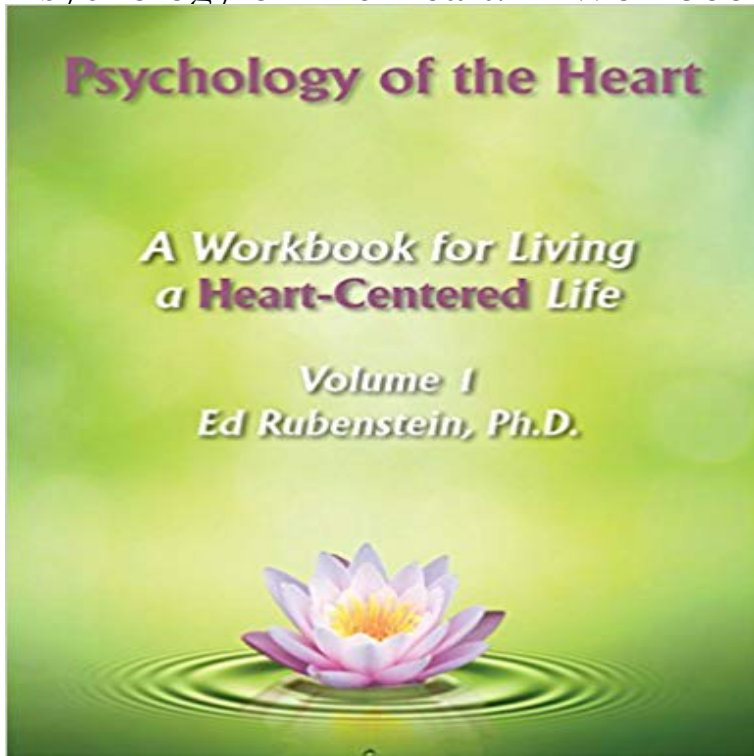


# Psychology of The Heart: A Workbook for Living A Heart-Centered Life



Psychology of the Heart is a workbook specifically designed to help you thrive and experience the many benefits of heart-centered living while productively managing all types of daily stressors. Combining theory with practical, interactive exercises, this uniquely enjoyable and highly effective workbook provides meaningful personal insight and valuable tools that enable you to experience more meaning, peace, happiness, connection, and gratitude in your life. This workbook will help you to realize-as we live a heart-centered life rather than one dominated by the mind-that our health, relationships and productivity are naturally enhanced. Our stress levels and other negative patterns and emotions are dramatically reduced. If we reflect back to the most special times in our life when we felt deeply moved, grateful and connected to life, it was our heart that was touched. This workbook will help you build a foundation through a heart-based approach that will most likely be very different than anything you have experienced before. It will then become clear that opening our heart is not a thought process; it is not a visual, mental, emotional, or mindful experience. Our deepest knowing, connections, and our deepest most fulfilling experiences in life are accessed through our heart. This workbook will help you to tangibly experience your heart so you can enjoy all the many and lasting benefits that living a heart-centered life brings.

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