



## The Alphabet of the Human Heart: The A to Zen of Life

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By Matthew Johnstone, James Kerr

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, The Alphabet of the Human Heart: The A to Zen of Life, Matthew Johnstone, James Kerr, A handbook for the happy, and a bible for the broken-hearted, The Alphabet of the Human Heart is an enchanting and enriching journey through the upside and the downside of what it means to be human - our hopes and our fears, our strength and our weakness, our highs and our lows. The Alphabet of the Human Heart is a book of literally two halves. Firstly there is upside A-Z, which is full of the happy and hopeful aspects of our lives, such as A is for Adventure, through G is for Gratitude, S is for Smile to Zen is the Place to Be. The other downside half examines the negative parts of our character lives and how we can overcome them to lead more positive and fulfilling lives. From A is for Anger, through H is for Hate, T is for Temptation to once again end on Zen is the Place to be. Matthew and James have been friends for over 30 years and they've experienced both sides of life - the upside...



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