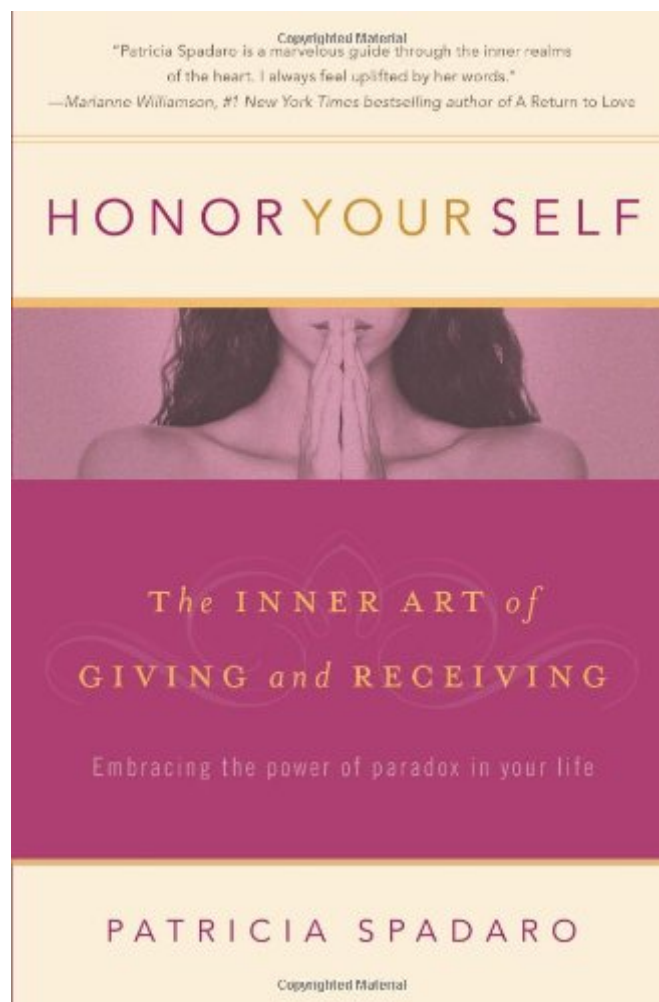


# Honor Yourself: The Inner Art of Giving and Receiving PDF



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Honor Yourself: The Inner Art of Giving and Receiving by Patricia Spadaro ISBN 0981603300

*Honor Yourself: The Inner Art of Giving and Receiving* (the winner of two national book awards) tackles the issue that plagues so many of us--the struggle to balance the needs of family, career, and even community with our own needs. But rather than focusing on how to pamper ourselves, *Honor Yourself* goes to the heart of the problem and reveals the real source of our stress: our inability to recognize and embrace the little-understood but all-pervasive power of paradox in our lives.

Should I sacrifice for others or take time to care for myself? Be generous or draw boundaries? Stay in a relationship or say goodbye? When I give to others, do I really need to give up myself? Tensions like these are not only a natural part of life--they *are* life. While modern society is ill-

equipped to bring us back into balance, the sages of East and West are experts, and *Honor Yourself* explores their practical, and surprising, advice. Combining wisdom from the world's great spiritual traditions with real-life stories and a treasury of tools, it exposes the most potent myths about giving--half-truths that prevent us from living a life filled with possibility and passion. With candor, compassion, and a bit of humor too, Spadaro shows us how to move beyond the myths to the magic of full-hearted living so we can unleash the full power of our creative spirit and give our greatest gifts to our loved ones, our communities, and the world.

We are called to master the delicate dance of giving and receiving in virtually every area of our lives, and this beautiful work offers empowering and heartfelt ways to do it. It will free you to celebrate your own gifts and greatness as you explore the dynamics behind giving with the heart rather than the head, setting boundaries, being honest about unhealthy people in your life, using feelings to stay true to yourself, giving in ways that honor others, finding your own voice, honoring endings, and much more. Just as importantly, *Honor Yourself* will teach you the steps for staying in balance. For when you learn the steps, you can perform the dance--and that's when the magic begins.

## **Honor Yourself: The Inner Art of Giving and Receiving Review**

This Honor Yourself: The Inner Art of Giving and Receiving book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Honor Yourself: The Inner Art of Giving and Receiving without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Honor Yourself: The Inner Art of Giving and Receiving can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Honor Yourself: The Inner Art of Giving and Receiving having great arrangement in word and layout, so you will not really feel uninterested in reading.