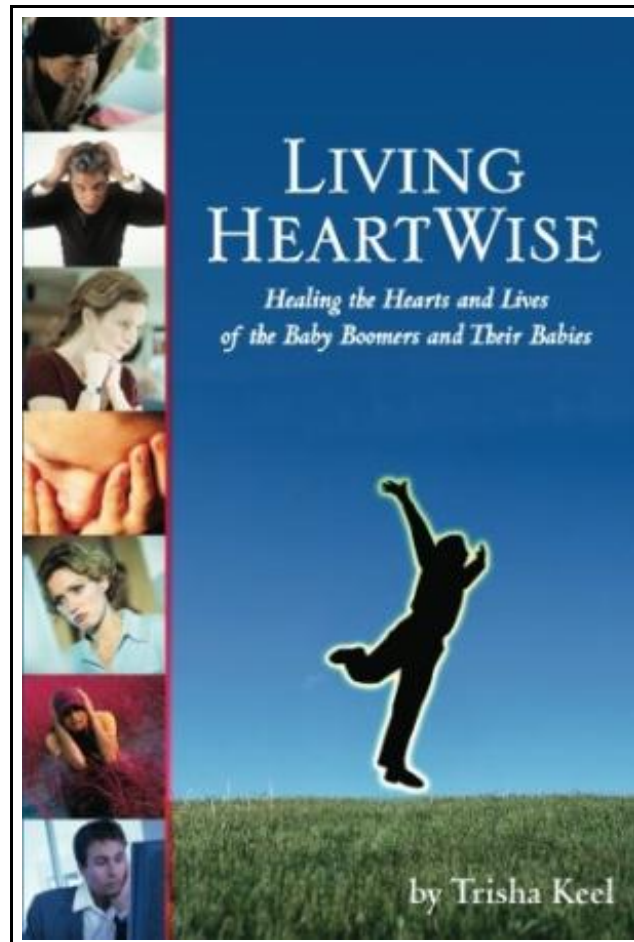


## Living Heartwise: Healing the Hearts and Lives of the Baby Boomers and Their Babies



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*(Dr. Kayden Gerlach)*

## LIVING HEARTWISE: HEALING THE HEARTS AND LIVES OF THE BABY BOOMERS AND THEIR BABIES



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Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.It would have been nice to have a class called Emotions 101 at puberty. Odds are, however, that you only managed to learn about handling emotions by watching your family and friends or having your own heart aches and breaks. The events of your life have not all been under your control. The good news is that taking the path to Living HeartWise is 100% in your control. This book isn't about sit-ups or diets. It is about exercising your emotions to love and support YOU. Discover how the events, discoveries, and technological advances since the end of World War II have affected you. Then discover what you can do to help yourself recover from the universal wounds of abandonment, mistrust, and low self-esteem. This book takes you through the author's own experiences to show you how you can learn to live as a whole person by attending to your thoughts, feelings, and spirits. Learn to open up your heart and be there for yourself. Pounce on the pleasure of trusting your own inner feelings. Blossom as you uncover the best of you. Learn to forgive and set yourself free of trauma dramas. Enjoy unique guided meditations specifically designed to get your mind in gear as you take your first steps down the path to Living HeartWise. Whether you're in a relationship or on your own, you'll find individual and group exercises that provide hands-on practice using your emotions to help your heart heal. Take action steps forward every day, armed with affirmative mindsets and practicing till you master the art of listening to your heart. As an added bonus, you'll get your...



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