



The Wholehearted Life: Big Changes and Greater Happiness Week by Week

Janet Connor Susyn Reeve

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The Whole-Hearted Life is the culmination of Susyn Reeve's lifelong work. Comprised of 365 days of change-your-life ideas to try a few minutes each day, this is a guide to a life of contentment and community, where you give and receive love, including the oft-missing piece of self-love and compassion. Reeve, who apprenticed under Don Miguel Ruiz for years, is a scholar of the human soul and is on a mission to help everyone live a whole-hearted life, one of inner serenity, esteem toward self, shared joy and limitless love. Reeve's warm and wise encouragement offers readers 52 week's worth of ways to pray, play, and passionately pursue a life lived utterly and fully from the heart.

Reeve's new book is a step-by-step and day-by-day guide to wholehearted living mapped out over a year's time. Readers can undertake the program for all 52 weeks of the year or dip into the rich resource Reeve has provided and sample the offerings for a great sense of the fullness of life.

This book will help you learn how to:

Eliminate gossip
Seize the moment—be here now
Go on a media diet
Listen to and follow the still small voice
Use your feelings as your guide
Detach and let go
Write your obituary

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Ezra Talbott:

Information is provisions for those to get better life, information presently can get by anyone on everywhere. The information can be a knowledge or any news even an issue. What people must be consider any time those information which is inside the former life are hard to be find than now is taking seriously which one would work to believe or which one the resource are convinced. If you have the unstable resource then you buy it as your main information you will see huge disadvantage for you. All of those possibilities will not happen with you if you take The Wholehearted Life: Big Changes and Greater Happiness Week by Week as the daily resource information.

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