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*The Heart of the Soul:
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In Soul Stories, he showed how such concepts as harmony, cooperation, sharing, and reverence for Life express themselves in other people's lives. Now, in The Heart of the Soul, he and Francis

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take the next major step forward in showing us the importance of emotional awareness in applying these concepts to our own daily lives.

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THE HEART OF THE SOUL will be a revelation for readers - a soul tool with which we

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can forge a greater
emotional awareness to
enable us to use our
emotions in the creation
of authentic power. It is
a book to read not once,
but several times, for it
is a life-changing work
that can transform our
lives for the better.

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~~Heart Of The Soul:
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New York Times mega-
bestselling author of
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Gary Zukav takes a
giant leap forward in his
message, with this guide
to the next level of
spiritual growth. "THE

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**LONGEST JOURNEY
YOU WILL MAKE IN
YOUR LIFE IS FROM
YOUR HEAD TO
YOUR HEART."**

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In Soul Stories, he showed how such concepts as harmony, cooperation, sharing, and reverence for Life express themselves in other people's lives.

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forward in showing us
the importance of
emotional awareness in
applying these concepts
to our own daily lives.

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Begin the journey from
your head to your
heart. Filled with helpful
tools, empowering
practices, and~~

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compelling drawings,
The Heart of the Soul is
a life-changing book to
read many times over.
When you are aware of
your emotions, you are
in a position to change
how energy is moving
through you.

~~The Heart of the Soul:
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In Soul Stories, he

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showed how such concepts as harmony, cooperation, sharing, and reverence for Life express themselves in other people's lives. Now, in *The Heart of the Soul*, he and Francis take the next major step forward in showing us the importance of emotional awareness in applying these concepts to our own daily lives.

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~~The Heart of the Soul:
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It comprises of romantic words, it is a letter that satisfies the heart and fulfills the longing of the heart and soul.

These romantic emotional love letters that make you cry is a letter that will continue to ring in your boyfriend

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or husband's heart.

Awareness

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Cry (2020 ...~~

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Reporter (Thirsk &
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SOUL will be a
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can forge a greater
emotional awareness to
enable us to use our
emotions in the creation
of authentic power. It is

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a book to read not once,
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is a life-changing work
that can transform our
lives for the better.

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A Narcissist
intentionally poisons
your mind, your heart,
your soul, AND your
life! They ARE
emotional/psychological
abusers and terrorize the
lives of people that have
ANY connection with
them! From my Book:
From Charm to Harm
and Everything else in
Between with a

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~~Narcissist!~~

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~~A Narcissist~~

~~intentionally poisons
your mind, your heart ...~~

A few tips to help reset
your body, soul, and
mind exhaustion. Get as
much uninterrupted and
peaceful sleep as sleep
deprivation leaves your
brain exhausted. A daily
dose of vitamins and
minerals. Deal with

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emotional problems
instead of ignoring or
denying them. Walking
helps to clear the mind
so you can process
emotions better.

In **THE SEAT OF THE
SOUL**, Gary Zukav
brilliantly set forth his
concepts, explaining
how the expansion of

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human perception

beyond the five senses
leads to a new

understanding of

'authentic power'. Then,

in SOUL STORIES, he

revealed how such

concepts as intuition,

harmony, sharing and

forgiveness actually

express themselves in

other people's lives. And

now, in THE HEART

OF THE SOUL, Zukav,

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together with his
coauthor and spiritual
partner, Linda Francis,
takes the next important
step in showing us how
to actually apply these
crucial concepts in our
daily lives. Zukav
reveals how true
emotional awareness
can transform the
human experience.
Although it is
challenging and

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difficult, because it means becoming aware of suppressed pain, it is also enormously rewarding. But first the determination to explore every aspect of consciousness, and to cultivate those that contribute the most to life, must replace the desire to bury painful emotions. Ultimately emotional awareness

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can free us from the compulsions, fixations, obsessions and addictions that block our spiritual development - among them anger, workaholism, perfectionism, obsessive eating, alcohol, drugs, sex - and allow us to live a fulfilling and meaningful life. THE HEART OF THE SOUL will be a revelation for

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readers - a soul tool with which we can forge a greater emotional awareness to enable us to use our emotions in the creation of authentic power. It is a book to read not once, but several times, for it is a life-changing work that can transform our lives for the better.

Anger. Pain. Longing.

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Fear. Despair. These are all negative emotions we tend to try to keep at bay and pretend don't exist. And yet bestselling author Gary Zukav, who has been working in the field of emotions for over a decade, suggests we should and can bring these unmentionables out of the closet and deal with them. Not to

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do so is like trying to prevent water flowing downstream. You can dam it for so long, but then it's likely to flood. Hence the prevalence of road rage, stress, alcoholism and various other addictions in our society. Now, in **THOUGHTS FROM THE HEART OF THE SOUL** the authors offer a collection of

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meditations to help us understand our emotions and live healthily and happily in harmony with them. Both a companion piece to THE HEART OF THE SOUL and a stand-alone book that offers insight into who we are and all that we can become, this enlightening compilation of reflections and

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meditations will be
cherished by readers for
years to come.

Explains how to
incorporate the
principles and practices
of human emotion to
create a greater
emotional awareness
and to use emotions to
develop authentic power
in one's life.

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In "The Heart of the Soul: Emotional Awareness," Zukav, together with his coauthor and spiritual partner, Linda Francis, takes the next important step in showing readers how to apply crucial concepts in daily lives. "The Heart of the Soul" will be a revelation to readers--a soul tool with which they can forge a

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greater emotional awareness, enabling them to use their emotions in the creation of authentic power.

For many years I struggled to find real, lasting joy. Whenever I achieved a goal that I believed would bring me happiness I would find that the happiness I sought had moved

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somewhere else: to the next job, the next college degree, the next completed project, the next success. Never the current one. It was a discouraging way to live, and my dissatisfaction fueled a desire for change.

Through books, mentors, good friends and spiritual guidance I learned how to

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transform my beliefs
and thoughts and
reshape the emotions
and actions that
determine my results
and create the reality in
which I live. I've
experienced greater
peace, fulfillment and
success as I've worked
to internalize these life-
giving truths. I am
excited to share them
with you, and I hope

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they will bless your life
as they've blessed mine.

The story of America
and African Americans
is a story of hope and
inspiration and
unwavering courage. In
Heart and Soul, Kadir
Nelson's stirring
paintings and words
grace 100-plus pages of
a gorgeous picture
book—a beautiful gift for

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readers of all ages, a treasure to share across generations at home or in the classroom. Heart and Soul is about the men, women, and children who toiled in the hot sun picking cotton for their masters; it's about the America ripped in two by Jim Crow laws; it's about the brothers and sisters of all colors who rallied

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against those who would dare bar a child from an education. It's a story of discrimination and broken promises, determination, and triumphs. Kadir Nelson's Heart and Soul—the winner of numerous awards, including the Coretta Scott King Author Award and Illustrator Honor, and the recipient

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of five starred
reviews—is told through
the unique point of view
and intimate voice of a
one-hundred-year-old
African-American
female narrator. This
inspiring book
demonstrates that in
striving for freedom and
equal rights, African
Americans help our
country on the journey
toward its promise of

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liberty and justice—the
true heart and soul of
our nation.

A profound and in-depth
dialog of Spirit-guided
insights describing the
nature of the soul
essence and presenting
imaginative, practical
tools to transform
human
dramas. Addressing
commonly asked

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Emotional Awareness
questions, Opening a
Window to the Soul
presents a unique way to
understand how the
world operates, heal
painful emotions, get
along with difficult
people, and clear
unhealthy patterns. With
potent examples from
the author's personal
journey as well as client
sessions, the messages
are compassionate,

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enlightening and
universally
applicable. Topics
include: the nature of
the soul essence; whatâs
between lives; soul
memories, emotions,
ego, and creative
thought as aspects of the
âEarth Suit;â how past
life experiences impact
present time; the soul
family as relating to
childhood and karmic

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agreements; love relationships and soul mates; working with the Spirit team (soul family guides) and soul purpose.

The Heart of a Leader:
Fifty-Two Emotional
Intelligence Insights to
Advance Your Career
uncovers insider secrets
on leadership for go-
getters who aren't

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satisfied with status quo careers. Authored by Kristin Harper, the book is based on more than twenty years of firsthand experience climbing the proverbial corporate ladder. Each chapter in The Heart of a Leader focuses on leadership and emotional intelligence competencies, actionable tools, bite-

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Emotional
Awareness

sized insights, and inspiring quotes to reference throughout your career. Whether you're an aspiring leader new in your career or a seasoned employee ready for the next level, adopting the time-tested insights in *The Heart of a Leader* will help accelerate your career.

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Love a word associated with so many emotions at once. The poems in this book re-tell those emotions in various ways. The emotions felt when in love, heartbroken or just looking for love all in one book speaking a language to you that you will resonate with.

Our emotions are

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powerful and they can lead us to feelings and thoughts of happiness and joy or sadness and devastation. Everyone of us are faced with not only our own emotions but the emotions of others, as well. Learning to master our emotions and how to appropriately respond to the emotions of others is critical to living a

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Emotional Awareness

successful and happy life. Failure to master our emotions can lead to poor physical health and depression. The good news is that we do not have to be creatures of emotion based reaction behavior but can live the life of success, prosperity and love we deserve. Emotional Mastery will lead you to awareness of the root

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cause or triggers of your emotions and give you effective methods for dealing with them and increasing your emotional intelligence. Contrary to the belief of some, our emotions are not necessarily the result of upbringing, social status, or environment. Our emotions should not control us but serve us giving us more

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management over our lives and improving our relationships. Each of us have within us the power to rein over our emotions and redirect them to become powerful tools of enhanced self-awareness, rapid problem and conflict resolution, influential interpersonal skills, stronger relationships,

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Emotions, and
Awareness
career success, and
enable us to live the
happy life we all dream
of. You have the power
to rein over your
emotions and even
control them. You have
the power to be happy,
even when you think it's
impossible, and you
have the power to
change the way you
feel. You will soon find
that even the most

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difficult circumstances
will be handled with
maturity and can no
longer harm you or your
physical well being.
Decide today to raise
your Emotional
Intelligence stop
negative emotional
reaction behavior and
become the Master of
your success and
happiness.

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