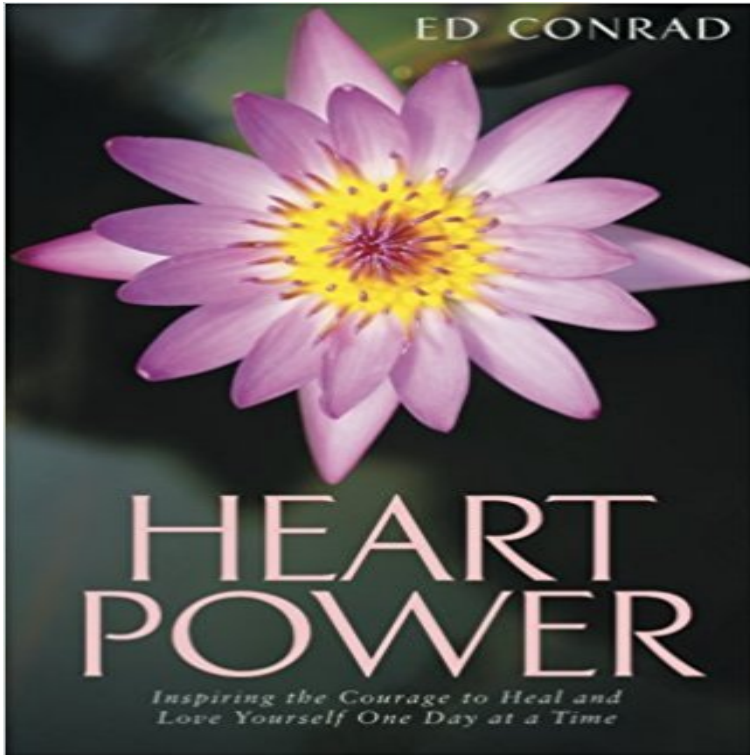


# Heart Power: Inspiring the Courage to Heal and Love Yourself One Day at a Time



Rather than attempting to engage the reader in more mental exercises, the wisdom and inspiration in this daily companion book is designed to uncover something far more powerful. Through personal stories infused with honest, bold, and sometimes humorous reflections, the author invites us to awaken and energize our greatest inner resource—the power of the inner heart. Not only does he draw upon his personal experience, practice, research, and vulnerabilities in crafting these daily pieces of wisdom, he also draws from the well of renowned spiritual teachers and ageless wisdom traditions. Day by day, each writing stands on its own as a love offering created to inspire as well as support the dismantling of our personal fears. When included as part of daily spiritual practice, Heart Power is likely to awaken the sleeping giants of tangible courage, spiritual healing, creative energy, and ongoing loving, compassionate connection with ourselves and our companions. Simple, but potent, heart-centered daily practices are provided to help with this personal and spiritual restoration. In this one-of-a-kind daybook, the power and wisdom of the inner heart comes of age.

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