

THE
HEART
OF THE
SOUL

Emotional Awareness

GARY ZUKAV

AUTHOR OF THE #1 NEW YORK TIMES BESTSELLER
THE SEAT OF THE SOUL

LINDA FRANCIS

READ BY THE AUTHORS

The Heart Of The Soul Emotional Awareness Thorndike
Press Large Print Basic Series

Gary Zukav,Linda Francis



The Heart Of The Soul Emotional Awareness Thorndike Press Large Print Basic Series:

Heart Of The Soul Gary Zukav, Linda Francis, 2012-12-11 In *THE SEAT OF THE SOUL* Gary Zukav brilliantly set forth his concepts explaining how the expansion of 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 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 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 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 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

Forthcoming Books Rose Army, 1998 **Subject Guide to Books in Print**, 1991 Joyce in the Belly of the Big Truck: Workbook Joyce A. Cascio, 2005-05 **Heart of the Soul** Gary Zukav, Linda Francis, 2001-01-01 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 greater emotional awareness enabling them to use their emotions in the creation of authentic power *The Heart of the Soul* Gary Zukav, Linda Francis, 2002 A New York Times Bestseller With the rare combination of profound psychological insight and deep spirituality that has drawn millions of readers prize winning author Gary Zukav joins with his spiritual partner Linda Francis to take the next major step forward Having set forth his fundamental concepts in *The Seat of the Soul* and *Soul Stories* Zukav and Francis now show how true emotional awareness transforms the human experience Included in Basic 5 and 6 **Thoughts from the Heart of the Soul** Gary Zukav, Linda Francis, 2002-06-01 In the national bestseller *The Heart of the Soul* Gary Zukav and Linda Francis joined together to help us to develop a new emotional awareness that is central to our spiritual development Now with *Thoughts From the Heart of the Soul* true gems of wisdom from that book are available to us in a beautiful collection of carefully chosen excerpts Small enough to fit into your purse or bag this lovely book can be read independently of *The Heart of the Soul* or used as a companion piece Each page offers a new inspirational and powerful insight into who we are now and who we can become *Thoughts from the Heart of the Soul* is the perfect gift for anyone on the unending journey toward spiritual growth for anyone seeking wholeness wisdom

compassion and healing *Thoughts from the Heart of the Soul* Gary Zukav, Linda Francis, 2002 Anger Pain Longing 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 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 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
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