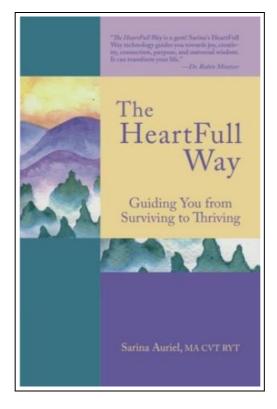
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Redstone Publishing, 2016. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. Ask yourself what the impact would be on your life if you could stay connected, expansive, vulnerable, loving and thriving through your next 50 years? In the overfull life of a modern person, a day can feel like a journey of survival: busy, overwhelming, disconnected, directionless and maybe heading towards a crisis. This is survival mode, and you re reading this because you don t want to stay surviving: you want to be thriving. The journey to thriving begins by moving into the heart. It is there that you transform your wounds to tools, transmute the quality of your trauma, and transcend into a thriving life for you and your children. In The HeartFull Way, Sarina Auriel draws deeply on her experience as a practitioner, and even more deeply on her heart's true calling of motherhood to inform a step-by-step guide to moving from surviving to thriving. Her program is a gentle and empowering practice for creating healing in individuals, in families and across generations. Following The HeartFull Way it is possible to transform a full life into a life lived fully.



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