



## Language of the Heart Unconditional Love Living Fully Empowered

By Laurie Martin

Mindful Meetings. Paperback. Condition: New. 190 pages. Dimensions: 8.5in. x 5.5in. x 0.4in. This interactive practical book is a practice guide and road map for how to live in unconditional love and full empowerment. It provides step-by-step information, what it means to unconditionally love yourself, to become fully empowered, and feel whole. Many of us were not taught how to love unconditionally, how to untangle the attachments and how to remove obstacles that keep us from being fully empowered. We were taught to get our love and validation from outside of us. This book gives you the tools for you to empower yourself, lift yourself out of the old fear-based mentality of suffering and judgment and transport yourself into a new reality of full acceptance, unconditional love, compassion, trust and inner peace. This book answers the questions: How do we become fully empowered What does it look like to live in love versus fear What are the unconditional love programs How do we process our emotions and get into a state of inner peace How do we communicate better in our relationships and during conflict How do we learn how to fully value ourselves and feel whole How do we...



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