

## Heart Of The Soul Emotional Awareness

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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.

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

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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 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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that can transform our lives for the better.

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

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