



# Heart Sense: Unlocking Your Highest Purpose and Deepest Desires

*Paula M. Reeves*

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Love--our heart-felt attraction to another and our heart-felt acceptance of our selves--has deep and tangled roots. It begins in utero with a unique blood-bond between the heart of the fetus and the mother's heart. The heart is the only organ that is guardian of such complex emotions. Furthermore, it is the storehouse of information, data, and memories. Much of the essence and meaning of our lives can only be experienced on a "heart level," writes psychologist Paula M. Reeves in *Heart Sense*.

*Heart Sense* presents a compelling combination of scientific facts and true stories to reveal the range of intelligence that is contained in the heart. Evidence is insurmountable that the heart is not only a muscle that pumps the blood we need to live, it also holds vital personal memories and information we need to survive. There is no surer way to discover your life's destiny than to listen to your heart, and you ignore your heart's desire at your own peril--heart attacks and strokes have reached epidemic levels.

This book is designed to inspire a deeply personal exploration of your life's purpose from which you can glean deep insight, draw strength, take delight, and improve your health and well-being. It is also intended to help diminish the effects the unlived life of our dreams exerts on our hearts-- healthy functioning.

Exercises called "Heart Notes" appear throughout the chapters to help you recognize your own heart sense and use it to discover your own unlived life.

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This Heart Sense: Unlocking Your Highest Purpose and Deepest Desires is great book for you because the content which is full of information for you who always deal with world and also have to make decision every minute. That book reveal it details accurately using great plan word or we can say no rambling sentences inside. So if you are read it hurriedly you can have whole data in it. Doesn't mean it only provides you with straight forward sentences but hard core information with wonderful delivering sentences. Having Heart Sense: Unlocking Your Highest Purpose and Deepest Desires in your hand like having the world in your arm, data in it is not ridiculous just one. We can say that no e-book that offer you world inside ten or fifteen second right but this e-book already do that. So , this is good reading book. Heya Mr. and Mrs. hectic do you still doubt this?

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