



The Great Heart Way: How To Heal Your Life and Find Self-Fulfillment

Ilia Shinko Perez, Gerry Shishin Wick

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Self-compassion. Positive social relations. An enduring sense of freedom and peace.

They're essential parts of our everyday lives, or should be. But each of us struggles with difficult emotions and mental blockages: we might lash out when we should know better, or regress in negatively familiar situations, or struggle with our confidence. These types of problematic reactions occur--and recur--when we're unkind to and negligent of our inner selves.

The Great Heart Way offers us all a way to heal inner wounds and transform our difficult emotions. Anyone can try it, and everyone should.

Using clear language and personal anecdotes, *The Great Heart Way* shows how to follow the Great Heart Method, an efficacious program for healing and self-fulfillment. The Method is easily incorporated into busy schedules (it can take less than 30 minutes per day), and is accessible to all, regardless of spiritual background.

The Great Heart Way gives readers the tools to safely work through uncovered emotional pain and establish a healthier, happier and well-balanced way of thinking.

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