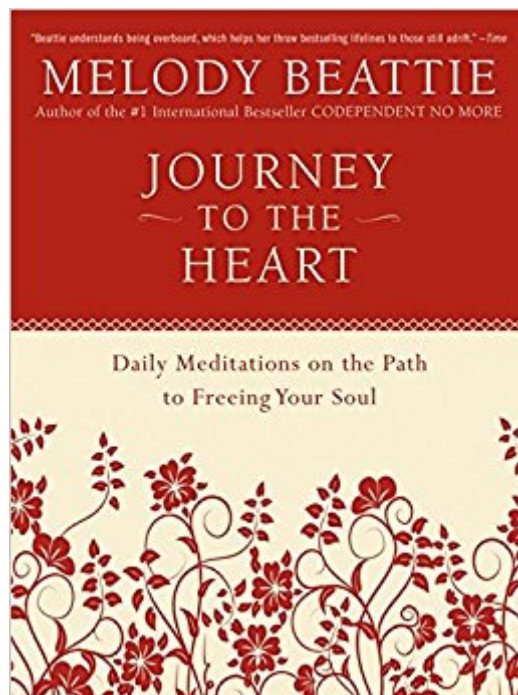




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# Journey To The Heart: Daily Meditations On The Path To Freeing Your Soul



## Synopsis

“Melody Beattie gives you the tools to discover the magnificence and splendor of your being.” —Deepak Chopra, author of *Jesus* and *Buddha* Beattie, author of *Codependent No More*, *Beyond Codependency*, and *Lessons of Love*, writes with the same warmth, honesty, and compassion in this collection, helping readers chart a new path toward spiritual growth and renewal. *Journey to the Heart* will comfort and inspire us all as we begin to discover our true purpose in the world and learn to connect even more deeply with ourselves, the creative force, and the magic and mystery in the world around and within us.

## Book Information

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## Customer Reviews

Beattie, whose *The Language of Letting Go* (1991) was a best-seller, now slices her message into 365 daily aphorisms, or as she calls them, meditations. There's nothing much wrong with this book as volumes of New Age philosophy go, but it doesn't break any new ground, either. The framework derives from an actual automobile trip that Beattie took across the West with stops at mystical sites such as Sedona, Arizona, and Chaco Canyon, New Mexico. This is no travelogue, however. Neither is it like her previous books, which were, as Beattie testifies, "grounded in pain." The focus here is on discovering a new way to live through joy and hope. The meditations themselves, however, are hardly fresh: "Worrying doesn't help. Our worries are self-punishment, a form of not forgiving ourselves, not loving ourselves, not trusting." Or, "Right now, this moment, things are working out. .

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This is a book I bought for a friend because I have owned it for almost 20 years and read it every day for the first 15 of those years. I did a lot of healing from Melody's words and have quoted them over and over to others. I am a counselor and recommend this book to clients who want to heal their (emotional) hearts. The friend I purchased it for is also receiving many benefits from it. Thank you, Melody for *Journey to the Heart*.

Amazing, life changing. Healing, insightful. This is the second time I'm buying this book because I gave the first one to my sister yesterday who is in need of some healing for her spirit, mind and soul. I love this book. Thank you Melody for sharing your journey with us and passing on the enlightenment that has been bestowed on to you. The positive energy contained within the words of this book and the journey you have taken changes destinies.

I was turned onto this book by a yoga teacher that read from it during my first class at a new studio I was trying out after relocating. The teacher read the April 6th excerpt and it so deeply resonated with me that I almost started crying. I went home and ordered the book off and also bought one for my Mom, my Dad and eventually a very good friend of mine.

The daily readings are brief but beautifully invite readers to whatever reflection is needed at that point in their unfolding journey. Beattie speaks in a manner that allows meaning across a wide array of spiritual traditions. For those with an affinity to the west/southwest, the readings may be even

more meaningful as Beattie often draws from her experiences in this region for illustration. My copy was given to me as a gift with personalized comments added throughout and I have gone through it several times, each year, finding new insights and inspiration. I have found it so meaningful that I have given it as a gift several times and am now going through again with intentions of providing a personalized gift to someone else.

I was already a fan of Melody Beattie when I bought this book. *Codependent No More* was an important book in my life and I have used *The Language of Letting Go* as a meditation book (and still sometimes do). This book bears the mark of everything I appreciate and respect about Melody Beattie's work and is a continuation of many of the same themes she has written about elsewhere. But it also moves beyond the issues of codependency into a more life-as-adventure perspective. I find that the meditations are extremely helpful for me on any given day, at any time, as a means of softening up that voice inside of me that can unfortunately default into a mode of harsh criticism and negativity toward myself, the world, my life, and people in my life. The tone of each meditation is like a gentle voice nudging me to soften up, be open minded, see things from a different angle, and trust where life is taking me. I keep this book sort of floating around my house like a "crack open in case of emergency" thing-- in the bathroom or next to my bed-- where I can just grab it and flip open to the reading of the day when I find that little down time. Lots of times, if I am in a really bad place internally, I just leaf through and read at random until I feel soothed. It always, always helps me in some way or another. The voice that speaks out of this book is the voice that I want my own inner voice to become like, and through reading this book, like training wheels, I have made progress toward becoming a more nurturing and gentle person toward myself and toward the world. Melody Beattie, how can I thank you enough for all your great books?

I loved her first daily reader, " *Language of Letting Go*" This one is just as good if not better. I felt like Melody and I grew together in the same direction, all of the pages are relevant to me today. Most times the meditations are right on for what I am going through, of course, this is how Spirit works. It is super yummy for the soul. LOVE LOVE LOVE IT!!!

I cannot explain how this book has impacted my life in some many ways. Melody Beattie has a thought for each day that finds the way always and directly to my heart. From her learnings based on her own journey, I have been able to rediscover myself, see every day as a different experience and remember to look life always from a perspective of love. I repeat the reading of this book for the

las three years of my life. It's my first thing to do every morning with my coffee. That is how much I adore it! God bless Melody for this book that has work for me as a warm refuge to my soul.

...but every day I read this book, the meditation is timely and sometimes so relevant to my life situation that I can hardly believe it. I bought this book as a special gift to myself this year, so it is the first time I have read it, each day in order- and I can hardly wait until tomorrow to see what comes next! This book is a true blessing, a pleasant surprise, and honestly amazing at times. I will be looking forward to reading it in the years to come and plan to purchase several as gifts for Christmas presents this year. Kudos, Melody! And, thank you, for writing this very wise and insightful (and almost magical) inspirational work.

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