



Free Yourself: Ten Life-Changing Powers of Your Wise Heart

Carolyn Hobbs

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Discover your inherent capacity to overcome obstacles and find unlimited joy—with these quick and easy tools.

Though the voice of our heart may be buried beneath the shouts of our ego and the clamors of our worries, our heart already has all the characteristics of the person we want to be in the world -- it's trusting, curious, aware, resourceful, compassionate, kind, grateful, forgiving, truthful, and peaceful. And if we manage to listen deeply, we can access these traits and the strengths they bring.

In an encouraging, uplifting voice, therapist Carolyn Hobbs draws from her years of counseling experience and her spiritual practice to present the liberating truth: each of us has within ourselves the power to release ourselves from fear, from past traumas, from our ingrained habits of mistrust and defensiveness. All we have to do is listen to our wise hearts.

Each chapter in this gentle, pragmatic book focuses on a single power of our heart and contains illustrating examples drawn from real life. Hobbs concludes each chapter with clear tools we can use to develop and apply these strengths amid the challenges of daily life. Busy people of all faiths will be able to use these tools to find freedom and inner peace -- to tame anxiety, anger, grief, and despair while awakening fearless love.

Warm and inspiring, *Free Yourself* maps the path to lasting peace and freedom -- a path that absolutely anyone can follow, as the way lies within our own hearts.



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