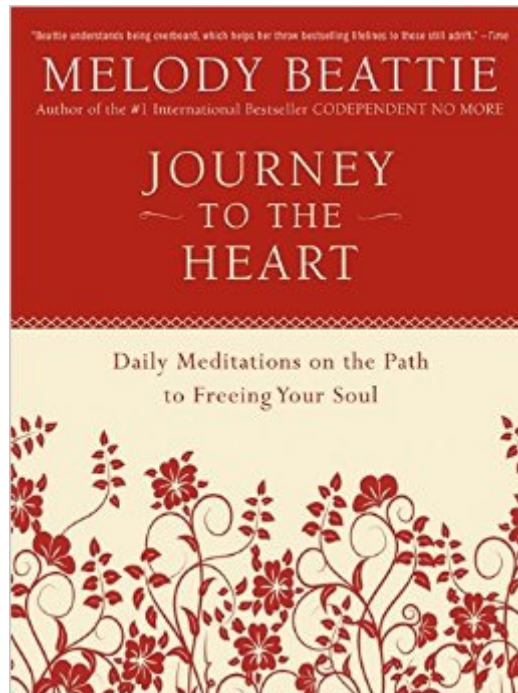


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# Journey To The Heart: Daily Meditations On The Path To Freeing Your Soul



## Synopsis

Journey to the Heart by New York Times bestselling author of Codependent No More, Beyond Codependency, and Lessons of Love, contains 365 insightful daily meditations that inspire readers to unlock their personal creativity and discover their divine purposes in life. Melody Beattie gives you the tools to discover the magnificence and splendor of your being. “Deepak Chopra, author of Jesus and Buddha

## Book Information

Paperback: 384 pages

Publisher: HarperSanFrancisco; 1st edition (1996)

Language: English

ISBN-10: 0062511211

ISBN-13: 978-0062511218

Product Dimensions: 5.5 x 1 x 7.4 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars See all reviews (309 customer reviews)

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## Customer Reviews

This book is a wonderful way to begin your own Journey to your Heart. It has literally changed my life. It talks of feeling all your feelings, good or bad and helped me to realize that pain as well as happiness are all part of life. I want to thank Melody Beattie for writing this book and sharing her experience of her spiritual travels and her own Journey to the Heart. Each day that I read from these pages, I am inspired. I see the world in a different light and am able to find an inner peace that is hard to find in this tough world.

This is a magical book. I have had a copy since 1996. At first I devoured it, reading many meditations at one sitting. What Melodie Beattie has to say nurtured my Soul and gave me direction. Then one day I started shaking the book and just opening the book to a random page, but it was never random. What I read was usually very relevant to that moment. Her words were just what I needed to cast away self doubt or understand a situation or provide guidance for my life. Melodie Beattie has great wisdom. I hope you find it as useful as I continue to find it - 11 years later. Enjoy.

What a blessing this book has been for me! i bought a copy for many people i know. melody beattie has touched my heart and helped me through so many stages of my life. i highly recommend this 'bible' for everyone. it helps the path to heal and move forward in positive and warming ways. i will need to buy myself another copy soon since mine is underlined and used so often. treat yourself to a special gift- and let melody walk you through your own path to the journey to your own heart.

This book provides daily insight into why we experience changes throughout our lives and how we can face them with a positive attitude. Beattie's compassionate, understanding writing will help the reader to understand the need for the unknown and how we learn life's lessons. Each obstacle we face in life provides a lesson to lead us on our journey. The book is written in a style so that the reader can read one passage each day to focus that day's thoughts. I found that reading a passage each day helped me to "survive" a difficult change I was experiencing. Now that I have made it through the chaos, I realize what an inspiration Beattie's book was for me. As I take the next step and look forward to the unknown, Beattie's words continue to inspire me.

Ms. Beattie's "The Language of Letting Go" and "Codependent No More" are EXCELLENT books... Spoiled me as to this one... It's Ok - if you want a very short feel-good thing every day... Her other books are deeper, and I like that better...

Lovely book : I read it every night before going to sleep and it takes all my cares away. It also gave me sweet dreams. Buy it. And get one for your best friend who is going through a bad time.

My mom bought this for me 6 years ago, and I still read it almost daily. Year after year, the lessons always feel timely, relevant and refreshing. I have also given this book to friends, who continue to cherish it as much as I do.

The message of self-nurturing is clear in this book. Beattie allows us to make mistakes and get on with it, and she encourages us to look around at the learning opportunities afforded in every situation. Having given countless copies away to friends and strangers alike, I find I can't keep it "in stock."

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