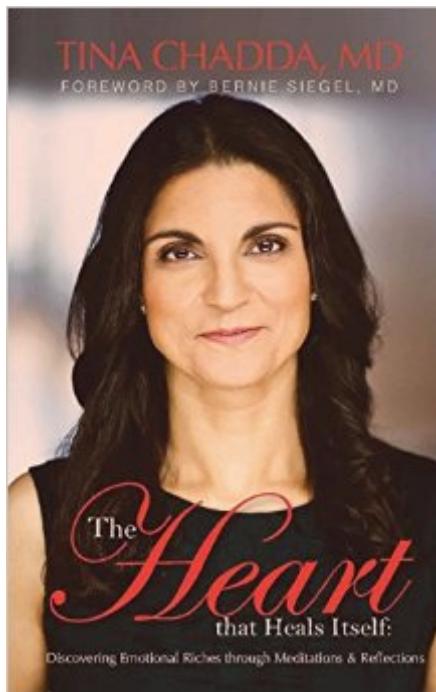


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The Heart That Heals Itself: Discovering Emotional Riches Through Meditations & Reflections, Foreword By Bernie Siegel, MD



Synopsis

My book is a compilation of a series of notes and meditations on achieving peace of mind through the self-regulating, dynamic force that is in each of us, and what we call the heart. It's a psycho-synthesis of Eastern, Judaeo-Christian and secular philosophy including mindfulness. I started to write the book after I lost everything in a tragic house fire and after cancer entered my life. Through all of my challenges, I believe I learned how to heal through mindfulness and love. And this is what I teach to my patients and clients.

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