

# Access Free The Hearts Code Tapping Wisdom And Power Of Our Heart Energy Paul Pearsall Free Download Pdf

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[The Biology of Belief 10th Anniversary Edition](#) Mar 02 2020 This 10th-anniversary edition of Bruce Lipton's best-selling book *The Biology of Belief* has been updated to bolster the book's central premise with the latest scientific discoveries—and there have been a lot in the last decade. *The Biology of Belief* is a groundbreaking work in the field of new biology. Former medical school professor and research scientist Bruce H. Lipton, Ph.D., presents his experiments, and those of other leading-edge scientists, which examine in great detail the mechanisms by which cells receive and process information. The implications of this research radically change our understanding of life, showing that genes and DNA do not control our biology; instead, DNA is controlled by signals from outside the cell, including the energetic messages emanating from our positive and negative thoughts. This profoundly hopeful synthesis of the latest and best research in cell biology and quantum physics has been hailed as a major breakthrough, showing that our bodies can be changed as we retrain our thinking.

[The Biology of Belief 10th Anniversary Edition](#) Aug 26 2019 Unleashing the power of consciousness, matter and miracles It has been ten years since the publication of *The Biology of Belief*, Bruce Lipton's seminal book on the relationship between mind and body that changed the way we think about our lives, our health, and our planet. During that time, research in this field has grown exponentially – Lipton's groundbreaking experiments have now been endorsed by more than a decade of rigorous scientific study. In this greatly expanded edition, Lipton, a former medical school professor and research scientist, explores his own experiments and those of other leading-edge scientists that have unraveled in ever greater detail how truly connected the mind, body, and spirit are. It is now widely recognized that genes and DNA do not control our biology. Instead, they are controlled by signals from outside the cell, including energetic messages emanating from our thoughts. This profoundly hopeful synthesis of the latest and best research in cell biology and quantum physics puts the power to create a healthy, joyous life back in our own hands. When we transform our conscious and subconscious thoughts, we transform our lives, and in the process help humanity evolve to a new level of understanding and peace.

[Soar](#) Jan 30 2020 Dr. White, a well known cardiologist, has written this timely book to help people improve both their physical and spiritual health. It involves a systematic approach to evaluate physical health, nutrition, fitness, and quality of relationships. His perspective as a cardiologist is unique. He relates stories from his experience regarding real patients and how they either improved their health when faced with challenges and SOARed or did not. This creates empathy for the reader and makes it an interesting read. The book is full of many practical suggestions for health improvement and it is not a dull encyclopedia of medical facts. It comes alive with patient examples. If you want to see your doctor less and enjoy life more, this is a must read for anyone interested in prevention and optimal health. For more information about health prevention seminars go to : <http://www.soartotalhealthimprovement.com>

[Never Give Up!](#) Jun 16 2021 "Read this if you want to go to heaven...but not via the hospital! This book is your 'get out of the hospital alive' card--it will put years on your life!" -Edward A. Taub, M.D. Lanny Taub, M.D. A framework of common sense and wisdom for anyone who must bear the burden of severe illness and advanced institutional medical treatment. -Keith Burnett, M.D., Diplomat, American Board of Radiology Hospitals can be dangerous to your health! Your mission: stay out of them! But if you do need to go in for anything serious, BE PREPARED. And this book will show you how. Richard Stevens, one of the most successful businesspeople in America, is also a survivor of a heart transplant, colon cancer, a coma, and acute thrombosis. In this eye-opening book, you'll learn what you must do to keep yourself out of hospitals...and how to maximize the likelihood that if you do need hospitalization, you'll survive not just your illness but your medical care! Doctor- and hospital-caused mistakes are two of the leading killers in our society. You and your loved ones deserve the knowledge about how to keep yourself healthy now...and healthy and alive if hospitalization is ever something you need. This book will save your life!

[Science Sifting](#) Sep 19 2021 *Science Sifting* is designed primarily as a textbook for students interested in research and as a general reference book for existing career scientists. The aim of this book is to help budding scientists broaden their capacities to access and use information from diverse sources to the benefit of their research careers. The book describes why the capacity to access and integrate both linear and nonlinear information has been an important historic feature of pivotal scientific breakthroughs. Yet, it is a process that our students are rarely, if ever, taught in universities. This book goes beyond simply describing the features of great scientific breakthroughs. It discusses the basis for accessing and using nonlinear information in the linear research context. It also provides a series of tools and exercises that can be used to enhance access to nonlinear information for application to research and other endeavors. Topics covered include focal points in scientific breakthroughs, the use of concepts maps in research, use of different vantage points, information as patterns, fractals for the scientist, memory storage and access points, and synchronicities. Young researchers need useful tools to help with a more holistic approach to their research careers. This book provides the useful tools to support flexibility and creativity across a long-term research career.

[The Spiritual Anatomy of Emotion](#) Oct 01 2022 A cutting-edge examination of feelings, not thoughts, as the gateway to understanding consciousness • Contends that emotion is the greatest influence on personality development • Offers a new perspective on immunity, stress, and psychosomatic conditions • Explains how emotion is key to understanding out-of-body experience, apparitions, and other anomalous perceptions Contemporary science holds that the brain rules the body and generates all our feelings and perceptions. Michael Jawer and Dr. Marc Micozzi disagree. They contend that it is our feelings that underlie our conscious selves and determine what we think and how we conduct our lives. The less consciousness we have of our emotional being, the more physical disturbances we are likely to have—from ailments such as migraines, fibromyalgia, chronic fatigue, and post-traumatic stress to anomalous perceptions such as apparitions and involuntary out-of-body experiences. Using the latest scientific research on immunity, sensation, stress, cognition, and emotional expression, the authors demonstrate that the way we process our feelings provides a key to who is most likely to experience these phenomena and why. They explain that emotion is a portal into the world of extraordinary perception, and they provide the studies that validate the science behind telepathic dreams, poltergeists, and ESP. *The Spiritual Anatomy of Emotion* challenges the prevailing belief that the brain must necessarily rule the body. Far from being by-products of neurochemistry, the authors show that emotions are the key vehicle by which we can understand ourselves and our interactions with the world around us as well as our most intriguing—and perennially baffling—experiences.

[Secrets of the Heart](#) Dec 23 2021 Touching on miracles all around us, waiting to be noticed, Meggie has premonition of 9/11, a vision at her mother's deathbed, and experiences dreams that answered her daughter's dying wish, that they would communicate beyond the grave. Truly a story for all of us, bringing tears and joy to all readers, because it is universal in life experience. We all have secrets, don't we? You will find yourself in the story line. What would you have done? Music of the time, fills the air, as you dream your own past through the eyes of Meggie. A good book club selection! Great reviews on Amazon and Barnes and Noble. A quick read for an airplane ride, or a stormy night when you want to curl up and get absorbed in memories of love.

[COSMIC MECHANICS-How We Create Reality With Zero-Point and Quantum Waves](#) Sep 07 2020

[Peace Within](#) Dec 31 2019 From the Forward by Thomas Shepherd *Peace Within* introduces new voices to the world of spiritual literature. All the stories, poems and spiritual journeys you will encounter in this volume have a common denominator; each contributor was willing to risk whatever it took to find balance and harmony in their lives, expressed in the simple phrase *Peace Within*. Although life may not always be joyful, people who find that axis of spiritual integrity within, and stay centered upon it, soon discover that nothing which happens in life can disturb their peace. Now, more than ever, humanity needs to grow up, to enter a new phase of life. Our new millennium requires a renewed consciousness of the potentiality within every sentient being. The search for new consciousness has found some guiding voices in the book you hold in your hands. In this profound collection of stories, learn how each author has found a deep sense of inner peace, often in the face of extraordinary circumstances. Your mind and heart will be quickened as you read these stories of courage and commitment. May you find that peace is contagious, and may you catch it here. Wayne Manning, Life and Business Coach, Manning Consulting, Auburn, CA Each story has an unmistakable sense of peace, love and joy in some mixture and balance. Each person found their own way to this treasure in their own timing. Their stories are not only inspiring and informative; they are critical to our future. M Marylou Palmer, Certified Transitional Ministry Specialist, Unity of Beaverton, OR

[Fit to be a Pastor](#) Nov 29 2019 In this important and urgent message to pastors, G. Lloyd Rediger emphasizes the necessity of integrating fitness of body, mind, and spirit in order to attain fulfillment of personhood and calling. Not immune from the debilitating unfitness that is endemic in America, pastors must be fit if they are to facilitate God's purposes in the world. Rediger stresses that clergy need to reinvent a healthy pastoral role based on this holistic approach.

[The Science of Self-Empowerment](#) Nov 09 2020 New in paperback (originally published as *Human by Design*): At the cutting edge of science and spirituality, New York Times best-selling author Gregg Braden explains that evolution is not the whole story of humanity—and offers a new understanding of our origins that can help us tap the extraordinary abilities we already have. What would it mean to discover we're designed to live extraordinary lives of self-healing, longevity, and deep intuition? Is it possible that the advanced awareness achieved by monks, nuns, and mystics—considered rare in the past—is actually meant to be a normal part of our daily lives? In this revelatory book, now available for the first time in paperback, five-time New York Times best-selling author and 2018 Templeton Award nominee Gregg Braden explains that we no longer need to ask these questions as "What if?" Recent discoveries ranging from human evolution and genetics to the new science of neuro-cardiology (the bridge between the brain and the heart) have overturned 150 years of thinking when it comes to the way we think of ourselves, our origin, and our capabilities. In this reader-friendly journey of discovery, Braden begins with the fact that we exist as we do, even more empowered, and more connected with ourselves and the world than scientists have believed in the past. It's this undisputable fact that leads to even deeper mysteries. "How do we awaken the extraordinary abilities that come from such an awesome connection?" "What role does our ancient and mysterious heritage play in our lives today?" Join Gregg as he crosses the traditional boundaries of science and spirituality to answer precisely these questions. In doing so he reveals a) specific tools, techniques, and practices to awaken our deep intuition on-demand, for self-healing and longevity; and 2) concrete solutions to the social issues that are destroying our families and dividing us as people, including the bullying of young people, hate crimes, the growing epidemic of suicide, religious extremism, and more. When new discoveries prove that the existing human story is no longer based in fact, it's time to change the story. This simple truth is at the heart of the book you're about to read.

[Mary](#) Jun 24 2019 Although Mary is a preeminent figure in Christianity and one of the most celebrated women in history, to many Christians she seems distant and unapproachable, a porcelain perfection of abstract motherhood that is irrelevant to their everyday existence. Still, interest in Mary is high, as evidenced by retreats, pilgrimages, liturgical formulations, and church discussions on her. Many Christians are hearing new wisdom in her Magnificat and are searching for ways to integrate her into their lives of faith. Although we inevitably look at Mary from a twenty-first-century perspective, in this book Duckworth shows that our appreciation will be deeply enriched if we remember the sources that have influenced our tradition and try to comprehend the grand sweep of Marian devotion. As descendants of that tradition, we can look to Mary not only as the mother of our Lord but as the mother of a growing, changing church that is finding its way to a contemporary appreciation of her many dimensions. Duckworth addresses six of those dimensions—Mary as prophet, matriarch, theologian, disciple, intercessor, and paradigm—in this compelling work that combines theology, history, devotion, and meditation on biblical texts.

[God Gametes 4 and The Darwinian Fallacy](#) Jul 06 2020

[Exposing Electronics](#) Feb 10 2021 It is clear that artifacts have the power to provoke thought, inspire action and arouse passions. There is evidence of this in the ever-increasing number of museums as well as in the ability of those museums to stimulate controversy through exhibits. As a consequence, much has been written analyzing the interaction between objects and museum visitors. Less well recognized, or



**Finding Our Center** Jan 24 2022 Integrating astrology, mythology and spirituality, this book is a reflection on the themes of the astrological ages across the past 13,000 years and is an exploration of what astrology has to tell us about the meaning of the changes happening globally and culturally in this time. We are currently on the cusp of the Age of Aquarius, at the end of a 26,000 year precessional cycle and, according to ancient prophecies, at the close of a world era. With the recent discovery of the planetoids Sedna and Eris, new forms of consciousness are entering our awareness. Through listening to the messages of the stars and planets, we find guidance for our lives in this intense time of change. We live in a sentient universe, which is calling us back into relationship with the cosmos and with the Earth. In remembering our source (the galactic center), reconnecting with the spirit in all of life and in becoming centered within ourselves, we gain meaning and wisdom for who we are and who we are becoming and find a path for the healing and evolution of ourselves and our Earth.

**Recovering the Body** Oct 28 2019 A philosophical history of the body and a work of recovery, bringing to light many aspects of this history that have been lost or forgotten in the West after the Scientific Revolution.

**A Special Illumination** Apr 02 2020 Gay spirituality represents a hidden strand in Western thought that was only publically declared from the Gay Liberation of the 1970s. Since "coming out", expressions of gay spirituality have proliferated in both number and diversity. Beginning with gay theology within Christianity, the phenomenon has now reached as far as Buddhism and neo-paganism. But, so far, critical analysis of the movement has been very limited largely because gay spirituality has been treated as a political and social movement arguing for rights and acceptance within religious circles. 'A Special Illumination' offers an in-depth analysis and argues that gay spirituality should be placed at the heart of religion.

**Growing Into Soul** Sep 27 2019 We are each a part of an expanding, evolving Universe, which experiences itself only through human consciousness. As the Universe evolves, so does our consciousness. Evolutionary currents are now rocking Western consciousness, as the old left-brain, logical, analytical approaches to life are no longer sufficient to create balanced, fulfilling lives. Western minds are opening as never before to expanded spiritual awareness, more typical of Eastern traditions. Without a bridge connecting the two traditions, integration is elusive, practical applications few, and dissatisfaction with life continues. *Growing Into Soul: The Next Step In Human Evolution* is the book which will bridge the two traditions, taking readers from where they are now in their lives, through concrete, practical guidance, to the next level. This level is the next evolutionary step, beyond 'survival of the fittest', to 'survival of the wisest'. *Growing Into Soul: The Next Step In Human Evolution* clearly illustrates the path of higher consciousness, then teaches readers how to live that path. This involves a shift from ego-based to soul-based thinking and responding. This easy-to-remember dichotomy allows readers to grasp otherwise difficult or complex concepts and processes. The book demonstrates that life outcomes are the result of how we interpret our experiences, and teaches how we can choose wiser interpretations. The way we think, feel, speak and behave can change dramatically as a result. Soundly based on human psychology, this book 'makes sense' to a very broad reading audience. This is a 'how to' book unlike others: elegant in its simplicity and practicality, yet profound in the depth of consciousness into which it taps, and the change it elicits.

**Lead From The Heart** Jul 30 2022 Leadership and engagement expert Mark C. Crowley shows how trading in the old business playbook for heart-led leadership strategies will create purpose-driven, dedicated employees and higher levels of performance. Revised and updated to address the needs of those managing Gen Z and millennial employees in addition to the latest global research on employee engagement. In this thoroughly revised and updated edition of his now classic book, visionary Mark C. Crowley provides the roadmap workplace leaders the world over are seeking: How to most successfully and sustainably inspire and manage other human beings in the post-pandemic era. Nearly 50 million workers quit their jobs in the U.S. alone in 2021—a record number likely to be exceeded in 2022. While we might imagine that an opportunity to earn greater pay is the key driver of this "Great Resignation," research shows two-thirds of the reasons people leave jobs boil down to issues related to their engagement and overall well-being. More specifically, people quit when they feel they aren't valued, respected, appreciated, coached—or cared about personally—by their manager and organization. Thanks in large part to the COVID pandemic and a global reset of what matters most to people in their lives, human beings have profoundly evolved in what they need and want in exchange for their work. Consequently, a radical change in employee expectations demands that organizations and managers rapidly pivot by embracing leadership practices that match the moment. The remedy to the Great Resignation is to adopt more humane ways of managing people knowing they inherently lead to infinitely greater engagement not to mention optimal employee performance. In this new and updated version of his seminal and visionary book, Mark C. Crowley draws upon emerging medical and other scientific discoveries which prove it's the heart, not the mind, that drives human motivation and achievement. While we've long been led to believe that human beings are essentially rational beings, new research shows that feelings and emotions far more often motivate human behavior and what people care about most and commit themselves to in their lives. In light of this breakthrough understanding, it's become incumbent upon workplace managers to pay great attention to their employees' emotional experience at work—far greater attention than any of us ever believed necessary. Ironically, most of us were told the heart has no place in workplace management. In fact, most of us were taught that the heart acts like Kryptonite in leadership: it inherently undermines a manager's effectiveness - and lowers performance. What makes this book so remarkable is that it brilliantly contradicts all those traditional beliefs and proves why people naturally and instinctively respond to managers who care about them personally and support their deep human needs. To be absolutely clear, there's nothing soft or weak about the Lead From The Heart philosophy. Instead, it represents the future of workplace management and a roadmap to driving uncommon engagement, productivity and profitability when organizations around the world are wanting it most. Rich with inspiring stories and illuminating research, this book proves that when you lead people with a greater balance of mind and heart, people naturally follow. And they also excel.

**Tending the Heart Fire** Feb 22 2022 "We are created in rhythm, kept alive in rhythm, evolve through rhythm. Tides, breath, and blood flow in rhythm. We are born into a universe of currents, and our heart is the great conductor of the body, orchestrating our flow." The mystical foundations of all the world's spiritual paths meet in a single, sacred place: the heart of the seeker. We have reached a time when scientific understanding mirrors the teachings of the great wisdom traditions in revealing our energetic heart as the light of consciousness, the fire of love, a field of intelligence. *Tending the Heart Fire*, the first book by pioneering yogini Shiva Rea, is an invitation to embody our extraordinary potential at this turning point in time, to reconnect your life to the rhythms of your body and the natural world—to live in flow with the pulse of life. Weaving together wisdom from the great world traditions—including yoga, Ayurveda, Tantra, and modern science—Shiva presents an essential resource for becoming a firekeeper of the sacred heart. This diverse treasury is filled with meditations, life guidance, seasonal rituals, and daily practices, including: Insights for harmonizing with the sacred junctures of time—the daily, weekly, lunar, and solar cycles of manifestation and renewal Aligning with the seasons—how to adapt your diet, exercise, and yoga rhythms throughout the annual cycle Ways to honor the great sacred holidays, rites, and festivals Awakening of sahaja—the natural flow at the origins and source of yoga asana and sacred embodiment at the heart of yoga and Tantra Skills for tending your inner fire in every aspect of life and healing imbalances that can support a renewable energy lifestyle A visual teaching with over a hundred full-color images, including reference charts, diagrams, illustrations, and ancient poetry for inspiration The legacy of the Heart Fire is more than eight hundred thousand years old—and in our modern world, we need more than ever to consciously reconnect to the radiant field that transcends time, space, and culture. "The direct awakening of the heart often happens when we are at a crisis point, when the armor of our heart has to crack," writes Shiva Rea. "Let us return to the power and magnificence of our hearts—as living fire, as intelligent energy and electromagnetic radiance, and as our illuminating guide toward love, creativity, and deep knowing of our true sacred nature."

**The Open Heart Companion** Apr 26 2022 This is the first book written with the focus on the four-to-eight week recuperation period with the goal of reducing fear and stress—and maximizing support options—by simply planning ahead. Not only does the book prepare and empower the patient and loved ones before the open-heart surgery date, Part Three provides supportive guidelines, plan-ahead exercises, resources, and checklists for the challenging recovery gap between hospital discharge and readiness for a cardiac rehab program. Original.

**Christian Anthropology** Aug 19 2021 Every Christian healthcare professional practices from assumptions, with a framework for understanding what it means to be a person, how wounding and brokenness occur, and how healing and restoration occur. For many, their assumptions are implicit, guiding perceptions and actions without being consciously articulated and examined. One purpose of this volume is to assist Christian healthcare professionals in articulating their assumptions by presenting three perspectives that are explicit, scientifically and theologically informed, internally consistent, and compatible with Christian tradition. The reader can then use these perspectives to stimulate self-reflection. In a culture that is as diverse as American culture, we see the effects of diversity in healthcare practice. Today we witness attempts to integrate the natural and the supernatural in holistic healthcare practices. In these attempts, the spiritual practices that have found most favour and use have come mostly from the Asian Buddhist and Hindu traditions. Traditional Christian healing practices have been largely ignored. An exception is the researched and demonstrated value of forgiveness. One difficulty we have encountered in making a case for Christian healing practices in healthcare is that we have not had an adequate framework of understanding from which to grasp what we do in Christian healing. The writers in this volume have approached the subject of Christian healing by asking how we as Christians understand the human person, human brokenness/wounding, and human healing/wholeness, in all dimensions of our existence, body, mind and spirit. This has led to a clearer understanding of the ways that healing occurs and, most especially, a clearer understanding of how to apply Christian healing practices in healthcare as we trust in the love and mercy of our God, manifest in Jesus Christ.

**Presence-Based Coaching** Apr 14 2021 Presence-Based Coaching offers coaches a hands-on resource for developing the capacities and skills needed to be reliably present in all situations, and shows how to let go of habitual—and often ineffective—ways of responding. As author and leadership expert Doug Silsbee explains, once a coach has mastered the inner moves of directing their own attention, they can work to develop the same capability in their clients. The ability of a coach to facilitate lasting, sustainable development in leaders rests on the presence a coach offers to the coach-client relationship.

**Human by Design** Dec 11 2020 Human by Design invites you on a journey beyond Darwin's theory of evolution, beginning with the fact that we exist as we do, even more empowered, and more connected with ourselves and the world, than scientists have believed possible. \* \* \* In one of the great ironies of the modern world, the science that was expected to solve life's mysteries has done just the opposite. New discoveries have led to more unanswered questions, created deeper mysteries, and brought us to the brink of forbidden territory when it comes to explaining our origin and existence. These discoveries reveal the following facts: - Fact 1. Our origin--Modern humans appeared suddenly on earth approximately 200,000 years ago, with the advanced brain, nervous system, and capabilities that set them apart from all other known forms of life already developed, rather than having developed slowly and gradually over a long period of time. - Fact 2. Missing physical evidence--The relationships shown on the conventional tree of human evolution are speculative connections only. While they are believed to exist, a 150-year search has failed to produce the physical evidence that confirms the relationships shown on the evolutionary family tree. - Fact 3. New DNA evidence--The comparison of DNA between ancient Neanderthals, previously thought to be our ancestors, and early humans tells us that we did not descend from the Neanderthals. - Fact 4. A rare DNA fusion--Advanced genome analysis reveals that the DNA that sets us apart from other primates, including in our advanced brain and nervous system, is the result of an ancient and precise fusion of genes occurring in a way that suggests something beyond evolution made our humanness possible. - Fact 5. Our extraordinary abilities--We are born with the capacity to self-heal, to self-regulate longevity, to activate an enhanced immune response, and to experience deep intuition, sympathy, empathy, and, ultimately, compassion—and to do each of these on demand. In this book, New York Times best-selling author and 2017 Templeton Award nominee Gregg Braden crosses the traditional boundaries of science and spirituality to answer the timeless question at the core of our existence--Who are we?--and to reveal science-based techniques that awaken our uniquely human experiences of deep intuition, precognition, advanced states of self-healing, and much more! Beyond any reasonable doubt, Human by Design reveals that we're not what we've been told, and much more than we've ever imagined.

**Heart Sense** Mar 26 2022 Heart Sense is a compelling combination of research and "stranger than fiction" true stories illustrating that most people need to get out of their heads and back into their hearts. Paula Reeves tells how, time after time, successful heart transplant patients have undergone personality and style shifts as well as memory transfers, proving that the heart is not just a muscle. The real beauty of Heart Sense is that Reeves explains the heart's intelligence and teaches us simple exercises that help us tap into that intelligence and improve our lives. With this groundbreaking work, learn to listen to your seventh sense -- the wisdom of the heart. Book jacket.

**Partners in Pleasure** May 04 2020 Argues that the pursuit of individual success is ultimately harmful, drawing on ancient Polynesian wisdom to identify a less narcissistic road to self-fulfillment.

**Seven Pillars of Servant Leadership** Jan 12 2021 Seven Pillars of Servant Leadership (Rev.) offers concrete, functional skills necessary to practice servant leadership—to lead by serving first.

**Tangled Roots** May 16 2021

