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## Love: That s the Heart of It (Paperback)

By Antoinette Spurrier

Antoinette Spurrier, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. In this companion book to Creating Deliberate Happiness: The Complete Guide, author Antoinette Spurrier asks you to remember that love is the essence of your being, your true identity as a creature of eternal love. The journey toward reclaiming this identity, she writes, begins by developing greater self-love, for the greatest barrier to spiritual growth, romantic happiness and fulfilling relationships is the secret fear that you do not deserve love. She describes spiritual principles along with practical approaches and techniques-journaling, meditation, affirmations-that can help transform any illusions of deficiency into a strong sense of your own value. She analyzes other primary obstacles to love, most importantly the individual s lack of awareness of humanity s dual nature as a Limited (human) Self, and Eternal (spiritual) Self. And she offers effective tools that help uproot tenacious feelings of unworthiness and lack of deservedness to receive love. Persistently applied, such techniques will lead to greater self-knowledge and self-claiming, qualities that underpin self-love, the beginning of all love. Such shifts in attitude inevitably open the door to being able to give and receive more love in...



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