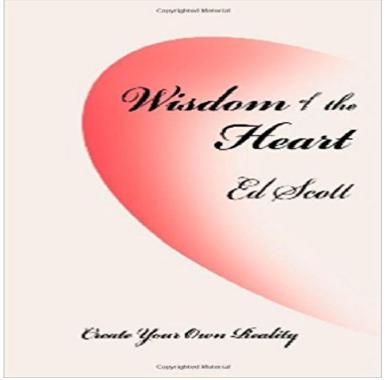
Wisdom of the Heart: Create Your Own Reality



A spiritual renaissance is occurring around the world, and Wisdom of the Heart responds to that resurgence by describing a new approach to making remarkable change in your life through discovering your true beliefs. Author Ed Scott teaches you how to obtain optimal physical and mental health by finding those things dearest to your heart and addresses the timely and universal topic of obtaining happiness. Your beliefs create your reality. People searching for meaning and purpose in their lives can find that purpose, contentment, and personal peace when they come to truly understand themselves and what is important. A realization about the importance of love and beauty is essential to developing a raised awareness and higher consciousness-elements not often found in many of the worlds religious traditions. Wisdom of the Heart details the issues involved in finding that raised awareness and higher consciousness, and it offers techniques and suggestions for finding a purposeful and meaningful existence.

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