



Journey to the Heart: Daily Meditations on the Path to Freeing Your Soul

By Melody Beattie

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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*

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Editorial Review

From [Booklist](#)

Beattie, whose *The Language of Letting Go* (1991) was a best-seller, now slices her message into 365 daily aphorisms, or as she calls them, meditations. There's nothing much wrong with this book as volumes of New Age philosophy go, but it doesn't break any new ground, either. The framework derives from an actual automobile trip that Beattie took across the West with stops at mystical sites such as Sedona, Arizona, and Chaco Canyon, New Mexico. This is no travelogue, however. Neither is it like her previous books, which were, as Beattie testifies, "grounded in pain." The focus here is on discovering a new way to live through joy and hope. The meditations themselves, however, are hardly fresh: "Worrying doesn't help. Our worries are self-punishment, a form of not forgiving ourselves, not loving ourselves, not trusting." Or, "Right now, this moment, things are working out. . . . Everything is working out, moving forward, evolving." It is only through a certain amount of repetition that Beattie can come up with 365 of these meditations. Perhaps best known for *Codependent No More* (1989), Beattie has added the New Age crowd to her followers. Expect demand where crystals glimmer. *Ilene Cooper*

Review

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From the Back Cover

In the spirit of her bestselling *The Language of Letting Go*, one of America's most beloved inspirational writers guides us on a sacred journey as we learn to expand our creativity, embrace our powers, and open our hearts.

Writing with the same warmth, honesty, and compassion that has attracted such a loyal following, Melody Beattie now charts a new path toward spiritual growth and renewal. In 365 insightful and delightfully warm daily reflections, *Journey to the Heart* will inspire us all to discover our true purpose in the world and learn to connect even more deeply with ourselves, the creative force, and the magic and mystery in the world around and within us.

Users Review

From reader reviews:

Dixie Love:

This Journey to the Heart: Daily Meditations on the Path to Freeing Your Soul book is just not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is actually information inside this book incredible fresh, you will get data which is getting deeper anyone read a lot of information you will get. This particular Journey to the Heart: Daily Meditations on the Path to Freeing Your Soul without we comprehend teach the one who reading it become critical in thinking and analyzing. Don't possibly be worry Journey to the Heart: Daily Meditations on the Path to Freeing Your Soul can bring whenever you are and not make your tote space or bookshelves' turn out to be full because you can have it with your lovely laptop even telephone. This Journey to the Heart: Daily Meditations on the Path to Freeing Your Soul having great arrangement in word in addition to layout, so you will not experience uninterested in reading.

Adam Cohn:

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Henry Carlino:

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