



Heart of the Matter: How to Find Love, How to Make It Work

Linda Austin

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Why is it that love seems to come easily to some people and not to others?

In her first book, *What's Holding You Back? Eight Critical Choices for Women's Success*, Dr. Linda Austin explored the "psychological glass ceiling," the emotional barriers that keep women from achieving career success. This book is about a different kind of inner glass ceiling: the one that holds you back from the heights of great love. Dr. Austin is convinced that there's nothing fundamentally wrong with those who have difficulty finding and keeping love; BUT there may be specific behaviors that you engage in -- and specific behaviors that you do not engage in -- that have a profound impact on whether you find and keep love. The good news? Those behaviors can be learned, practiced, and eventually incorporated into your personality. Dr. Austin wants you to know that small adjustments in your outlook and actions can have enormous impact on your ability to get the love you want. And in this perceptive, highly original book, she identifies the five core behaviors that determine your ability to have successful, loving relationships, as well as the patterns of behavior that can subtly sabotage those efforts.

The Core Behaviors

1. Engage with the World around You
2. Evaluate the Choices You Make for Love
3. Expand Your Safety Zone
4. Establish Emotional Independence
5. Evolve Consciously, Willfully, Healthily

Heart of the Matter shows how these five essential practices can deepen and transform your ability to give and receive love and loyalty. It explains how to make those small and specific changes that will have huge ripple effects on what happens to you in life -- and most important of all, it demonstrates how to identify and use your strengths so that you can move toward the life and love you want so much.

Heart of the Matter reflects Dr. Linda Austin's twenty-five years as a psychiatrist, assisting all sorts of people in their efforts to live more fully in the real world of loving human relationships. Pragmatic and sensible, this book is based on the conviction that each of us has the capacity to improve our ability to find and inspire love through specific behaviors. So whether you're currently in a relationship, or it's been so long since you've dated that you think "seeing someone" refers to a psychiatrist, *Heart of the Matter* can help you move toward that healthy, loving relationship you want -- and so richly deserve.

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From reader reviews:

Jose York:

In this 21st millennium, people become competitive in each and every way. By being competitive now, people have to do something to make themselves survive, being in the middle of often the crowded place and notice by simply surrounding. One thing that at times many people have underestimated the idea for a while is reading. Yeah, by reading a e-book your ability to survive boost then having chance to stay than other is high. For you personally who want to start reading the book, we give you this Heart of the Matter: How to Find Love, How to Make It Work book as basic and daily reading reserve. Why, because this book is usually more than just a book.

Christopher Kennedy:

Spent a free time for you to be fun activity to do! A lot of people spent their leisure time with their family, or their friends. Usually they carrying out activity like watching television, planning to beach, or picnic in the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? May be reading a book may be option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to try out look for book, may be the e-book untitled Heart of the Matter: How to Find Love, How to Make It Work can be fine book to read. May be it may be best activity to you.

Jennifer Oaks:

Reading can called thoughts hangout, why? Because if you are reading a book specifically book entitled Heart of the Matter: How to Find Love, How to Make It Work your head will drift away trough every dimension, wandering in most aspect that maybe unidentified for but surely will become your mind friends. Imaging every single word written in a book then become one web form conclusion and explanation that will maybe you never get before. The Heart of the Matter: How to Find Love, How to Make It Work giving you another experience more than blown away your brain but also giving you useful information for your better life on this era. So now let us explain to you the relaxing pattern at this point is your body and mind is going to be pleased when you are finished examining it, like winning an activity. Do you want to try this extraordinary spending spare time activity?

Sarah Jackson:

This Heart of the Matter: How to Find Love, How to Make It Work is new way for you who has interest to look for some information since it relief your hunger associated with. Getting deeper you upon it getting knowledge more you know or you who still having tiny amount of digest in reading this Heart of the Matter: How to Find Love, How to Make It Work can be the light food for yourself because the information inside this particular book is easy to get by simply anyone. These books acquire itself in the form that is reachable by anyone, yeah I mean in the e-book type. People who think that in guide form make them feel tired even

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