



# The Wholehearted Life: Big Changes and Greater Happiness Week by Week

*Janet Connor Susyn Reeve*

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# The Wholehearted Life: Big Changes and Greater Happiness Week by Week

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**The Wholehearted Life: Big Changes and Greater Happiness Week by Week** Janet Connor Susyn Reeve *The Whole-Hearted Life* is the culmination of Susyn Reeve's lifelong work. Comprised of 365 days of change-your-life ideas to try a few minutes each day, this is a guide to a life of contentment and community, where you give and receive love, including the oft-missing piece of self-love and compassion. Reeve, who apprenticed under Don Miguel Ruiz for years, is a scholar of the human soul and is on a mission to help everyone live a whole-hearted life, one of inner serenity, esteem toward self, shared joy and limitless love. Reeve's warm and wise encouragement offers readers 52 week's worth of ways to pray, play, and passionately pursue a life lived utterly and fully from the heart.

Reeve's new book is a step-by-step and day-by-day guide to wholehearted living mapped out over a year's time. Readers can undertake the program for all 52 weeks of the year or dip into the rich resource Reeve has provided and sample the offerings for a great sense of the fullness of life.

This book will help you learn how to:

- Eliminate gossip
- Seize the moment—be here now
- Go on a media diet
- Listen to and follow the still small voice
- Use your feelings as your guide
- Detach and let go
- Write your obituary

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