



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

Susyn Reeve

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The Wholehearted Life is the culmination of Susyn Reeve's lifelong work. Comprised of 365 days of change-your-life ideas that can be executed in just 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 self-love and compassion. Reeve is a scholar of the human soul and is on a mission to help everyone live a wholehearted 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. This book is an essential tool for learning how to eliminate gossip, seize the moment, go on a media diet, listen to and follow the still small voice, use feelings as a guide, and detach and let go.

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