

New Self Transformational Book Demos

How to Achieve Peace in a Turbulent World

DETROIT, Mich., Jan. 18 (SEND2PRESS NEWSWIRE) – This week, Dr. Laurie Pappas announced the release of her new book, “The Loving Heart: Navigating the Journey from Conflict to Peace” (ISBN: 978-0-578-06054-5). It’s also accompanied by an interactive journal – “The Loving Heart Companion.”

Since its release, this self-transformational book has captivated and attracted many supporters.

It is Dr. Pappas’s contention that life as we know it is lived within our minds and that as we shift our attitudes and perspectives, we not only access happiness, but we become powerful forces for good. She asserts that our hearts naturally want to open to love, but because of fear and anger, must be gently urged and educated to reclaim the nature of authenticity.

“Once we become the loving individuals we were meant to be, we can be a catalyst for great change in a world that is critically in need,” says Dr. Pappas.

“The Loving Heart” provides a pathway for readers who are interested in examining and transforming their lives for the ultimate benefit of the whole – families, communities and global societies.

The book’s underlying premise is that people can reeducate themselves in a way that opens inner channels of tenderness, understanding, compassion, motivation and purpose. Out of these channels emerge energies for mending conflict, healing wounds, establishing harmony and creating inner peace.

“This remarkable book tenderly conveys with compassion and clarity, so many of the necessities we need to be peaceful, as we journey through life in a turbulent world,” says Gerald Jampolsky, M.D., author of multiple books including his most famous, “Love is Letting Go of Fear.”

Dr. Jampolsky explains that, “In a rare generosity of spirit in action, Dr. Pappas tells us stories from her own life’s journey to demonstrate how powerfully capable and loving we can become as human beings. Chapter by chapter, in this handbook for seekers of all ages, cultures and values, she encourages us to take risks and to apply the insights gained to transform our lives from within.”

“The Loving Heart” is packed with easy-to-relate-to personal stories, more than 30 years of observations and study, a myriad of self-help tools and spiritually-rich material. It contains ancient truths that can be applied anywhere, anytime to anyone. These truths connect human beings to each other, leading directly to peaceful, harmonious and joyous living.

To order a copy of the book, or for more information, visit:
www.Lovingheartconnection.com – or e-mail Dr. Pappas at:
info@Lovingheartconnection.com .

About the Author:

Dr. Pappas is one of two co-founders of the Metro Detroit Center for Attitudinal Healing. She is also a long-time spiritual counselor, speaker, writer, metaphysician and teacher.

News issued by: Dr. Laurie Pappas



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