



Me, Finally: Navigating Life with an Open Heart

Dr. Mitch Tishler

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Your Heart is Calling You If you long for more peace, more joy, and less fear in your life, this book invites you to draw near and listen closely. As you read these words, you will experience an inner knowing and recognition of truth. You will sense the call of your heart as you embark on a profound journey for cultivating inner peace, awakening the love of self and living beyond fear. “From the very first line of Me, Finally you’ll find yourself beginning to consider a new way of embracing life – a way to be more content in your work, your relationships, and especially with how you feel about yourself.” ~ Steve Farrell, Worldwide Coordinating Director, Humanity’s Team “Me, Finally draws you in like a warm blanket...If you are wondering how love works and whether it is worth getting to know, look no further – this book shows you how.” ~ Sherianna Boyle, M.Ed., C.A.G.S., author of Choosing Love “Me, Finally is a gentle invitation to live as pure loving awareness and presence in the world...A powerful and moving guidebook for anyone open to being, relating, and living in resonance with their heart.” ~ Dr. Julie Krull, psychotherapist, host of The Dr. Julie Show I thoroughly recommend this book; even if you think you’ve already done your inner work - you will be inspired by what it reveals.” ~ Alisoun Mackenzie, author of Heartitude: The 9 Principles of Heart-Centered Success



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