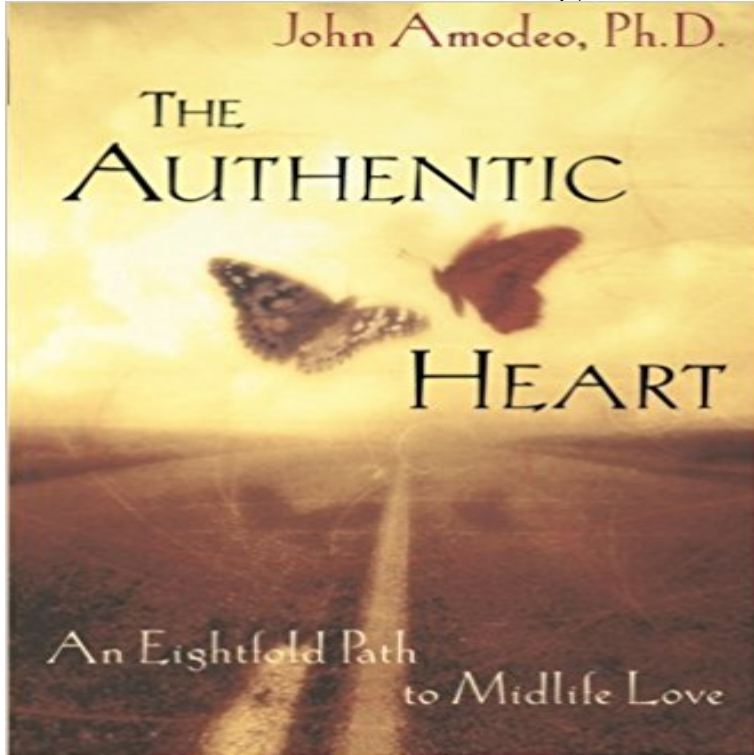


The Authentic Heart : An Eightfold Path to Midlife Love



The richest, most fulfilling love of your life is yet to come! The Authentic Heart offers practical, wise, and compassionate guidance for midlife love.--Jack Kornfield, author of *A Path with Heart* and *After the Ecstasy, the Laundry* The Authentic Heart is a groundbreaking, insightful, warmly written book that I highly recommend to anyone wanting more loving, joyful relationships. John Amodeo addresses with great clarity, wisdom, and practicality the key steps that are necessary for building authentic, mature, loving connections--not only with others, but also with oneself.--John Bradshaw, New York Times bestselling author of *Healing the Shame that Binds You* Just what millions want to know--not only how to make love last but how to make lasting love new again and again. This warmhearted and clearheaded book is full of practical wisdom.--Gay Hendricks, Ph.D., and Kathlyn Hendricks, Ph.D., authors of *Conscious Loving* and *The Conscious Heart* As you enter midlife, you may feel that something you've always longed for has never happened. Frustrated, you may give up on love or cling to young images of romantic love, hoping that another person will furnish happiness. You may experience a growing sense of depression, anxiety, or cynicism. But as psychotherapist and relationship expert Dr. John Amodeo explains, authentic love takes time and maturity. At midlife, you hold the extraordinary potential to become more fully awake and alive in your relationships than ever

before. In this groundbreaking book, Dr. Amodeo helps you rediscover love at its best. You'll learn how to overcome the psychological obstacles that have kept you from developing satisfying relationships. And you'll learn the eight enriching steps that release your authentic self for the fullness of genuine connection. Whether you're seeking true love for the first time or wish to deepen the joy and meaning in your current relationship, The Authentic Heart guides you along the path to a more vibrant partnership in the prime of your life.

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