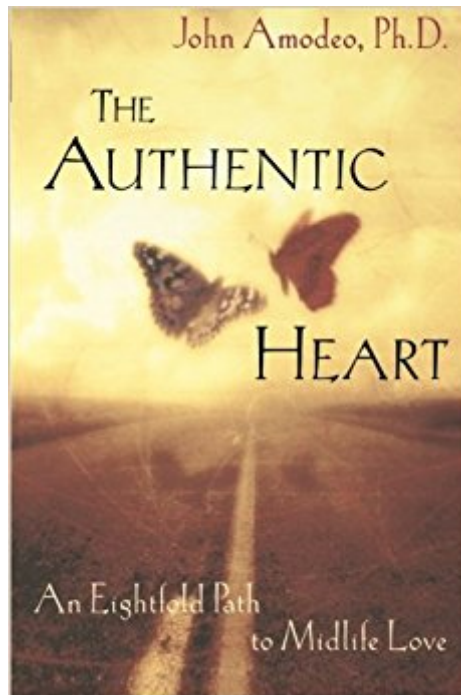


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The Authentic Heart : An Eightfold Path To Midlife Love



Synopsis

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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Customer Reviews

"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 sound, insightful, warmly written book which I highly recommend to anyone wanting more loving, joyful relationships. John Amodeo is a thoughtful and heartfelt writer, who 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 warm-hearted and clear-headed book is full of practical wisdom." --Gay and Kathlyn Hendricks, authors of Conscious Loving and The Conscious Heart "The Authentic Heart is a beautifully written, hope-filled celebration of spiritually rich intimacy. If that's what you are seeking, you must read this book." --Judith Sherven, Ph.D. James Sniechowski, Ph.D., authors of The New Intimacy and Opening to Love 365 Days a Year "John Amodeo is a brilliant writer. With breathtaking clarity and simplicity, he makes the enduring truths of conscious relationships fully accessible to contemporary readers. His penetrating insights illuminate the path to deep love and intimacy." --William Collinge, Ph.D., author of Subtle Energy "John Amodeo is the most thoughtful writer on relationships that I know. I recommend this book to anyone seeking insight and solutions to relationship issues." --Dr. Jim Dreaver, author of The Ultimate Cure and The Way of Harmony "Full of warmth and wisdom, this book inspires us to let go of the illusions of youth, learn from the lessons life has taught us thus far and begin again with a renewed sense of humility and compassion." --Susan Campbell, Ph.D., author of Getting Real: The 10 Truth Skills You Need to Live an Authentic Life and From Chaos to Confidence: Survival Strategies for the New Workplace "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

This book honors the wisdom within each of us to discern what is the right path. It is filled with wisdom and examples, as well as exercises to encourage each reader to do their own heart work. My only complaint is that it should not be marketed as a book for "midlife love". My housemates,

both women who just entered their 30's are deeply engrossed in it. It is for anyone who wants to engage consciously with the world and, in particular, their romantic partner.

As more of us boomers reach middle age, we reflect on the love relations we have and those we've left behind, and I've found in myself and friends that there's a yearning for authentic love, a longing to deepen in oneself and also connect intimately with one's wife or lover, family and friends. Yet, for many of us the baggage of persistent habits of thought and behavior, including our young love romantic idealism, distances us from that which we most want. John Amodeo with great clarity and sensitivity speaks from the heart in his new book, *The Authentic Heart : An Eightfold Path to Midlife Love*, talks to us as a wise friend, and takes us on a mindful journey along an "eightfold path", which reveals workable, livable principles about how to enjoy an authentic life in relationship. What a relief it is to know that such a book has been written and serves us all as a friendly handbook for our relational journey. I highly recommend you include John Amodeo's book in your library of most valued references. Just be sure to read it first! For those of us that have struggled with betrayal in relationship, I also want to mention John's previous work, *Love and Betrayal*, which intelligently and compassionately sheds light on that important subject.

I have some hope that my love life will improve as I get older. There were times I felt that the book dragged on but patience isn't one of my virtues. This s book helped (along with EMDR therapy) to move on from my last relationship and be open to what lies ahead

I have been blessed to have been able to call the author friend for nearly 30 years. The depth of his knowledge and insight has been a source of inspiration and comfort to me on untold occasions. Now he has distilled and laid to paper a life's work of study so that anyone who chooses to can share in his heartfelt wisdom, as I and his many friends have done throughout the years. What a joy it was for me to read this book. Those who are seeking to improve their life and relationships will find many workable answers here. What are the key ingredients of love? Of trust? What are the five blocks to effective communication? And how can we be emotionally honest with others in a gentle way? Dr. Amodeo explains in vivid prose. But even those who are not seeking to improve their life and relationships, even those who read for the satisfaction of affirming their own good fortune in love, may be surprised to find the answers to questions they haven't yet thought to ask. What a wonderful book! Thank you Dr. Amodeo. Thank you, my friend John.

Though at this moment I am only about half way done reading the book, I can honestly say that it is chock full of insights and anyone who is willing to look long and hard at themselves is going to walk away with a renewed sense of hope in love and being loved.

very good read!

Thank you!

This book had a little more writing/notations in the margins, but I am still satisfied with the product description and service.

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