



The Heart of Self-Love: How to Radiate with Confidence

Heather Hans

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Love is our nature. From love is where we originate and to love is where we return. Nothing can break love. Love heals, love creates; love is the most powerful force of all. *The Heart of Self-Love* will guide your soul's journey toward self-love, loving relationships, and Divine love. Without love humanity suffers - physically, emotionally, and spiritually. When we cannot love ourselves, we suffer from a deadly poison; when these poisonous thoughts, feelings, and behaviors take hold on one individual everyone is impacted. Living in love, including self-love, is both a large picture and small-details job. Tools for nurturing relationships and achieving radiance are detailed throughout this book as Hans takes on issues of addiction, fear, loss, luck, health, and social justice.

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