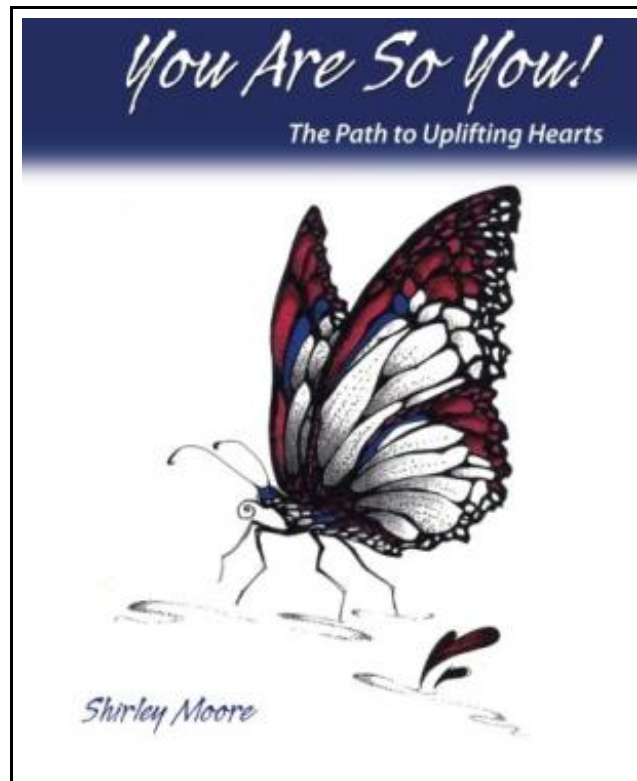


You Are So You: The Path to Uplifting Hearts



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Mooreideas. Paperback. Book Condition: New. Paperback. 164 pages. Dimensions: 9.1in. x 7.4in. x 0.6in. The Reds are so Red, the Greens are so Green and, You are So, wellYou! These words perfectly described an evening spent with friends. The heirloom tomatoes were so red, the fresh from the Farmers Market vegetables were so green and guests at the dinner table were genuinely themselves. We all delight in knowing more about how others distinguish the essence of who we are. **YOU ARE SO YOU!** is about acting from your Heart. It is about enhancing relationships and Uplifting Hearts by choosing Intentions that deepen Connections. It is about telling people what they mean to you. We listen carefully to what makes us distinctive, extraordinary and captivating. These observations are important, because the perceptions of others color how we see ourselves and can inspire us to become the best versions of who we are. Within each chapter, you will encounter uncomplicated, yet powerful tools that will allow you to bring out the best in others, by revealing the essence of who they are and the Intangible Gifts they possess. Along the way, you will also discover more about why **YOU ARE SO YOU!** **YOU ARE SO YOU!** The Path to Uplifting Hearts, is presented in an entertaining and easy to follow format. It is filled with Heart Intentions, Illustrative Heart Tales, rejuvenating activities, questions to spark your imagination, Intangible Gifts for the people who have shaped your life, personalized Heart Messages and Engage your Heart exercises, all of which are designed to touch your Heart. It is an inspiring and Heartwarming gift to give or receive. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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