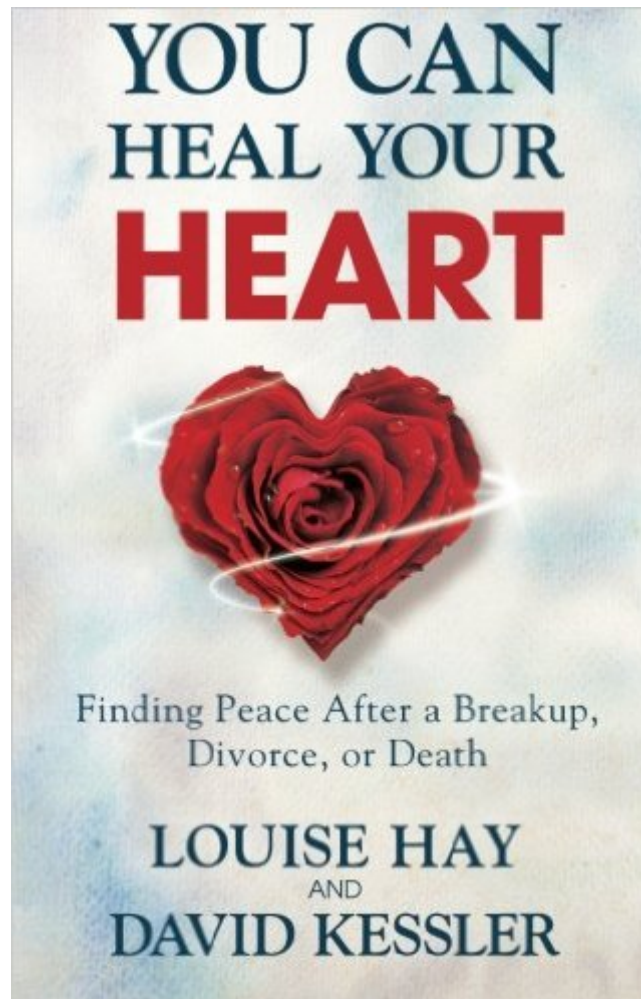


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# You Can Heal Your Heart: Finding Peace After A Breakup, Divorce, Or Death



## Synopsis

~~~~~ In *You Can Heal Your Heart*, self-help luminary Louise Hay and renowned grief and loss expert David Kessler, the protégé of Elisabeth Kübler-Ross, have come together to start a conversation on healing grief. This remarkable book discusses the emotions that occur when a relationship leaves you brokenhearted, a marriage ends in divorce, or a loved one dies. It will also foster awareness and compassion, providing you with the courage to face many other types of losses and challenges, such as saying good-bye to a beloved pet, losing your job, coming to terms with a life-threatening illness or disease, and much more.~~~~~ With a perfect blend of Louise's teachings and affirmations on personal growth and transformation and David's many years of working with those in grief, this empowering book will inspire an extraordinary new way of thinking, bringing hope and fresh insights into your life and even your current and future relationships. You will not only learn how to help heal your grief, but you will also discover that, yes, you can heal your heart.

## Book Information

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## Customer Reviews

This book came my way providentially. My heart needed a lot of healing and letting go of old wounds. So as Louise Hay and David Kessler would put it in the form of affirmation, all people and all situations are delivering me towards my higher good. An easy book to read, chapters divided into short sections, gentle in its words, respectful of the matter being discussed but firm in showing the path to self-empowerment and healing. This book deals with all that has to do with losses that clog our hearts leaving it blocked and shrivelled for years causing prolonged sadness, anger and a

complete disappointment in life. An ever bleeding wound that will not let us live our life to its completeness. It is only through thoroughly honouring our losses, live in and move through the grievance that we can slowly change our usually biased perception of what has happened. Repeated affirmations will slowly dissolve away our negative thoughts. Healing will bring us to a place where we can safely let go of pain and sorrow leaving us free to hold our love as a beacon to all that, who and what we loved and cherished in this lifetime. The book makes no distinction between major or minor loss. The heart does not make that difference. Besides the classical losses of death, divorce and broken relationships of all kinds, the book dedicates a whole section on disenfranchised grief, that is that grief for which people do not feel they have a socially recognized right to grieve such as, LGBT relationships, loss of pets (a whole chapter is dedicated), abortion or miscarriages, suicide, drug/disease related deaths, loss of jobs or a kind of life that can never be again like it was before, such as cancer patients.

Everyone experiences loss in this life, whether it be the breakup of a relationship, the death of a loved one, or something else. If you are like me who sometimes find loss hard to take, authors David Kessler and Louise Hay can help. They have created a wonderful new book on the subject "You Can Heal Your Heart: Finding Peace After a Breakup, Divorce, or Death." On the cover of this month's Unity Magazine Kessler is called "America's Leading Grief Expert". I love how the book mixes Kessler's expertise with Hay's affirmation techniques. "Grieving is challenging, but it is our thoughts that often add suffering to our pain," the authors write in the first few pages. Kessler knows all about grief, Hay knows all about positive thoughts. It's a powerful combination. You Can Heal Your Heart is a book that gives readers hope, even in the most dire of circumstances. "Although it's natural to forget your power after you lose a loved one, the truth is that after a breakup, divorce, or death, there remains an ability within you to create a new reality," they say. The most common causes of grief are covered in different chapters: a broken romantic relationship, divorce, death of a loved one, even death of a pet. One chapter is devoted to other types of losses, such as losing a job. Regardless of the loss, there is light on the other side according to Kessler and Hay. "Our ultimate wish is for you to discover that no matter what you're facing, you can heal your heart. You deserve a loving, peaceful life." Reading You Can Heal Your Heart caused me to take a fresh look at some of my past losses, and to appreciate the lessons learned through those events. "Life is always moving toward healing," say the authors.

Although I enjoyed "You Can Create an Exceptional Life" by Louise Hay and Cheryl Richardson, I

found the book to be rather informal and not creative or ingenuitive enough. Ms. Richardson would comment when she turned on her recorder and then would record what Louise had said. Here David Kessler is doing the same thing. I find it a turn off. The book does offer some comfort, but had I been in a place of deep grieving, I don't want to know the technicalities of when the recorder was turned on. There's a lot of "she said" going on. This is not the type of book I would expect from a woman who is a world-renowned author, lecturer, and publisher. I downloaded a book co-written by Louise Hay and Mona Lisa Schultz, and I hope that that book isn't written in the same vein as You Can Heal Your Heart and You Can Create an Exceptional Life, especially since 's 7 day return policy has expired (Kindle books). This approach of when the recorder is turned on and "she said" is bit too formulaic and impersonal for me. I just expect more from Louise Hay than a formulaic approach to authoring books. Talking about the heart is such a sacred and intimate experience, especially when it comes to grief. I am deeply disappointed with the format. It just doesn't seem appropriate. I am not grieving, but I did read this in anticipation of grief as grief (or any kind of a broken-hearted condition) cannot be escaped as part of the human condition. As such, I realize that healing is a process so I wanted to heal my heart for past separations and be prepared for future situations. I believe Louise Hay herself said, (paraphrased loosely) doing this type of [inner] work works best when you're not under the threat of a surgeon's knife.

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