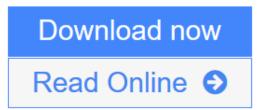


Honor Yourself: The Inner Art of Giving and Receiving

Patricia Spadaro



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Honor Yourself: The Inner Art of Giving and Receiving (the winner of two national book awards) tackles the issue that plagues so many of us--the struggle to balance the needs of family, career, and even community with our own needs. But rather than focusing on how to pamper ourselves, Honor Yourself goes to the heart of the problem and reveals the real source of our stress: our inability to recognize and embrace the little-understood but all-pervasive power of paradox in our lives.

Should I sacrifice for others or take time to care for myself? Be generous or draw boundaries? Stay in a relationship or say goodbye? When I give to others, do I really need to give up myself? Tensions like these are not only a natural part of life--they *are* life. While modern society is ill-equipped to bring us back into balance, the sages of East and West are experts, and *Honor Yourself* explores their practical, and surprising, advice. Combining wisdom from the world's great traditions with real-life stories and a treasury of tools, it exposes the most potent myths about giving--half-truths that prevent us from living a life filled with possibility and passion. With candor, compassion, and a bit of humor too, Spadaro shows us how to move beyond the myths to the magic of full-hearted living so we can unleash the full power of our creative spirit and give our greatest gifts to our loved ones, our communities, and the world.

We are called to master the delicate dance of giving and receiving in virtually every area of our lives, and this beautiful work offers empowering and heartfelt ways to do it. It will free you to celebrate your own gifts and greatness as you explore the dynamics behind giving with the heart rather than the head, setting boundaries, being honest about unhealthy people in your life, using feelings to stay true to yourself, giving in ways that honor others, finding your own voice, honoring endings, and much more. Just as importantly, *Honor Yourself* will teach you the steps for staying in balance. For when you learn the steps, you can perform the dance--and that's when the magic begins.



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Johnnie Nystrom:

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The book Honor Yourself: The Inner Art of Giving and Receiving has a lot info on it. So when you check out this book you can get a lot of profit. The book was authored by the very famous author. The author makes some research previous to write this book. This book very easy to read you can get the point easily after perusing this book.

Glory Ruiz:

This Honor Yourself: The Inner Art of Giving and Receiving is great guide for you because the content that is certainly full of information for you who also always deal with world and still have to make decision every minute. This kind of book reveal it data accurately using great arrange word or we can point out no rambling sentences within it. So if you are read that hurriedly you can have whole data in it. Doesn't mean it only provides straight forward sentences but difficult core information with attractive delivering sentences. Having Honor Yourself: The Inner Art of Giving and Receiving in your hand like getting the world in your arm, facts in it is not ridiculous one. We can say that no reserve that offer you world throughout ten or fifteen small right but this book already do that. So , this really is good reading book. Heya Mr. and Mrs. hectic do you still doubt in which?

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