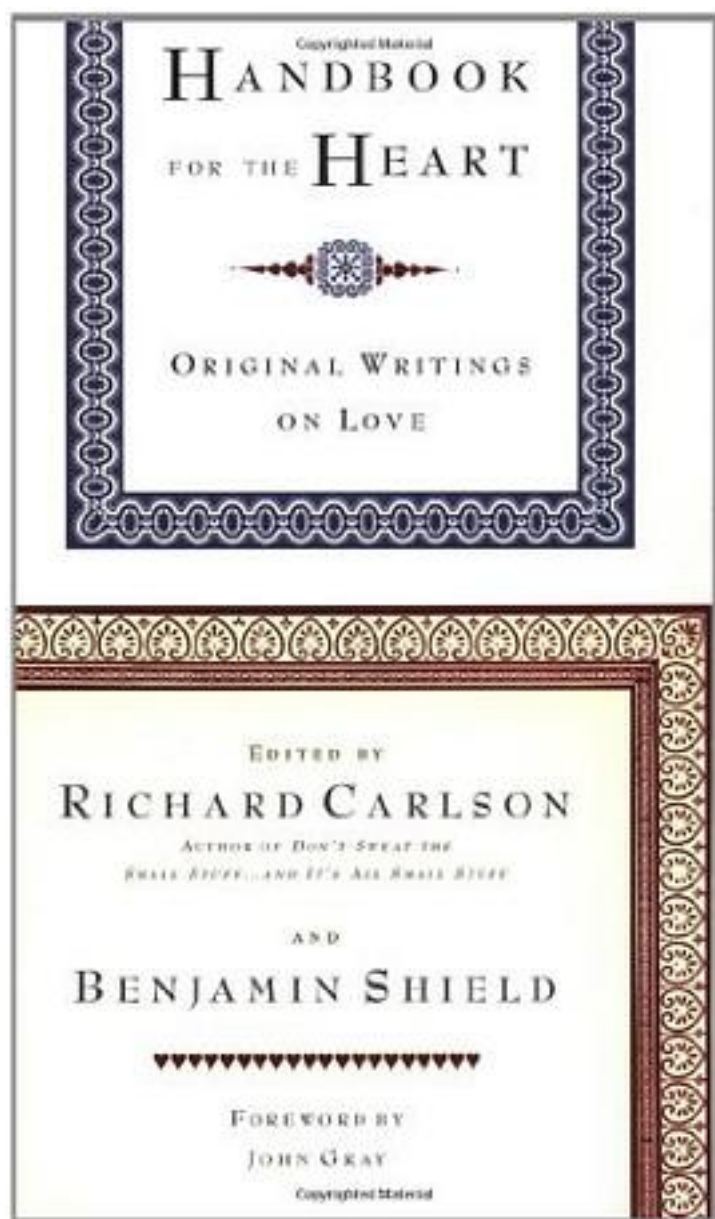


Handbook for the Heart



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What is love? Why is it central to our happiness and personal growth? And how can we find it, nurture it, express it, keep it alive? In original essays written expressly for this book, some of our wisest spiritual teachers attempt to answer these questions. From Andrew weil on the cyclical nature of love to Deepak Chopra on the flow of love in the universe, from Betty Éadie on the importance of tiny kind deeds to Leo Buscaglia on trusting ourselves enough to love -- here is a treasury of inspiration and advice for everyone who wants to explore the enduring power and spiritual significance of love.

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