



# The Universal Heart: A Practical Guide to Love

*Stephanie Dowrick*

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**The Universal Heart: A Practical Guide to Love** Stephanie Dowrick

**How you can make lasting change from within to create positive and loving relationships with family, friends, children, and colleagues using simple and fail-safe golden "rules"**

A life worth living is a life of love. The presence or absence of love makes the greatest difference to our happiness, our health, and wellbeing. Yet seeking love and sustaining it continues to disappoint many people. In this powerful and practical book, Stephanie Dowrick affirms our highest ideals and intentions. Better still, she shows us how possible it is to live them out. With the compassion and psychological depth that is the hallmark of her writing, she also explores the common pitfalls to love. Then, with persuasive wisdom, she helps us to transform them. What also makes this book exceptional is that the author shows us how to live more appreciatively across all our relationships, including with our own selves. Through her powers of storytelling, she demonstrates that anything worth discovering about love improves not one but every one of our connections. In a world where fears of not being or having enough dominate, she proves that love is ours to discover, to give, and to receive.

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