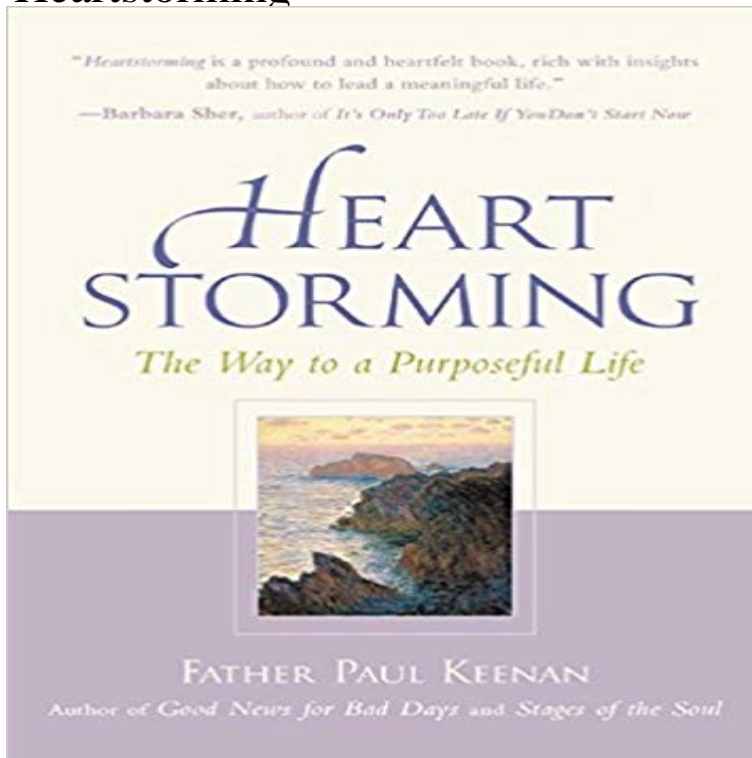


Heartstorming



Bestselling author Father Paul Keenan follows up to his highly successful *Stages of the Soul*. So many today are searching for a purpose for their lives in the face of divorce, midlife crisis, loss of loved ones, job stress, and other powerful life challenges. Bestselling author and radio host Father Paul Keenan believes the answer lies in the heart. In his new book, he offers readers a revolutionary path to lasting inner peace and fulfillment linking the mind, soul, and heart—a process he calls heartstorming. Free-flowing like brainstorming, all heartstorming requires is silence, a pen and paper, and a few exemplary stories to prime the heart. In this inclusive guide, Father Paul shares his own struggle as well as the inspirational tales of others who have heartstormed their way to a purposeful life. Through reflections, memories, and practical suggestions, readers learn to rekindle their hearts and to use those feelings to guide the mind and soul to a more meaningful, joyous, and passionate existence. Down-to-earth and full of wisdom ... an achievement in a book about the soul's mysterious ways. I'm sure that many readers will find comfort and direction in these pages. -- Thomas Moore, author of *Care of the Soul*

Heartstorming is a profound and heartfelt book, rich with insights about how to lead a meaningful life. -- Barbara Sher, author of *It's Only Too Late If You Don't Start Now*

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