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## Heart of Relating: Communication Beyond Ego

By Carmella B'hahn

Troubador Publishing Ltd. Paperback. Condition: New. 264 pages. Dimensions: 9.6in. x 6.7in. x 0.6in. Heart of Relating invites you to take part in the growing movement towards communicating beyond your ego and persona, by learning the art of relating from the heart of who you are. Based on Eckhart Tolles words - If you get the inside right, the outside will fall into place - Heart of Relating explores Carmella BHahns inside-out and outside-in paradigms of relating to help you recognise where you are and where you want to be. Learning to relate from the heart of who you are - from the inside out. Written in 52 different sections - one for each week of the year - the powerful stories, quotes and transformative practices can be used to help build the skills needed for daily life. With so many books targeted at specific aspects of relationships - love, marriage, conflict resolution, etc. - Heart of Relating can help you with multiple aspects of relating, not only with primary relationships, but also with family, friends, colleagues and especially yourself. Aimed at giving you a conscious communication toolbox for life, this holistic book can be used as a structured course or...



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