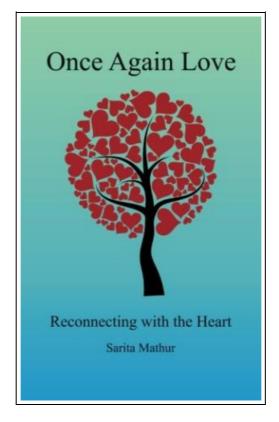
# Once Again Love: Reconnecting with the Heart (Paperback)



Filesize: 2.89 MB

# Reviews

This publication will be worth purchasing. It really is writter in simple terms instead of difficult to understand. Its been designed in an exceptionally simple way and is particularly only right after i finished reading this ebook in which basically modified me, alter the way i believe.

(Prof. Loyce Runolfsson Jr.)

## ONCE AGAIN LOVE: RECONNECTING WITH THE HEART (PAPERBACK)



Sarita Mathur, United States, 2013. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Extended Description In the motivational collection Once Again.Love, author Sarita Mathur introduces readers to the joy of a life filled with love through a whimsical mixture of poetry and prose. At times heartbreaking, Sarita s recollection of the experiences that brought her to this point of inner radiance remains an uplifting testament to the power of positive thinking. Sarita always considered herself a happy and content individual. However, when she awoke from a routine surgery to correct a painful back ailment, she instantly knew something was very, very wrong. For the first time in her life, Mathur felt depressed, even contemplating suicide at times. Doctors told her that an unforeseen side effect of the surgery had led to severely low serotonin levels in her brain, causing this debilitating state of depression. Once Again Love tells the story of Sarita s journey towards recovery as she rediscovers the inner peace that love can bring. She emphasizes the transient nature of the ups and downs of life through her V for Victory model: Many times we begin life on a high or up swing, only to eventually plunge down into the depths of despair as our hopes and dreams seem ever further out of reach. Through the V model of thinking, however, Mathur emphasizes the inevitable upward motion of victory, of finding triumph and joy in life once again. Readers will find inspiration, empathy, and encouragement within the pages of Once Again.Love. Mathur helps audiences of all ages find strength within themselves, in part through her My Own Natural Energy Yields (MONEY) philosophy. This idea, that an abundance of love and positive energy that resides within oneself will naturally flow outward and attract more...



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