



# The Heart of the Matter: A Simple Guide to Discovering Gifts in Strange Wrapping Paper

*Dr. Darren R. Weissman, Cate Montana M.A.*

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How do you access your authentic self in order to have a fulfilling and meaningful life? The Heart of the Matter introduces you to a simple but extraordinarily powerful tool called the See Feel Hear Challenge that will inspire you to easily transform reactive patterns of behavior and negative ways of thinking into a profoundly balanced and healthy lifestyle of your own conscious design.

Based on the latest findings in neuroscience and neurocardiology, this book reveals the astounding power of our emotions and how they can either limit us or set us free. As important as eating, breathing, and sleeping, processing our emotions is the fundamental key to creating harmony in all areas of life. This technique will help us do exactly that: provide guidance on how to live in the moment and create the incredible existence that we desire.

Using clear steps and real experiences, Dr. Darren Weissman's latest work, co-authored with Cate Montana, teaches you a new way to live intentionally. Get ready to evoke positive change that will impact the world you're a part of—change that will remold your body, mind, and emotions into a purposeful expression of the radiant spirit that you are. Whether your life is speaking to you through addictions or dysfunctional relationships, illness or unhappiness—or you're focused on becoming an Olympic champion—The Heart of the Matter gives you a potent tool for real change and transformation that you'll be able to use no matter what issues may arise.

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