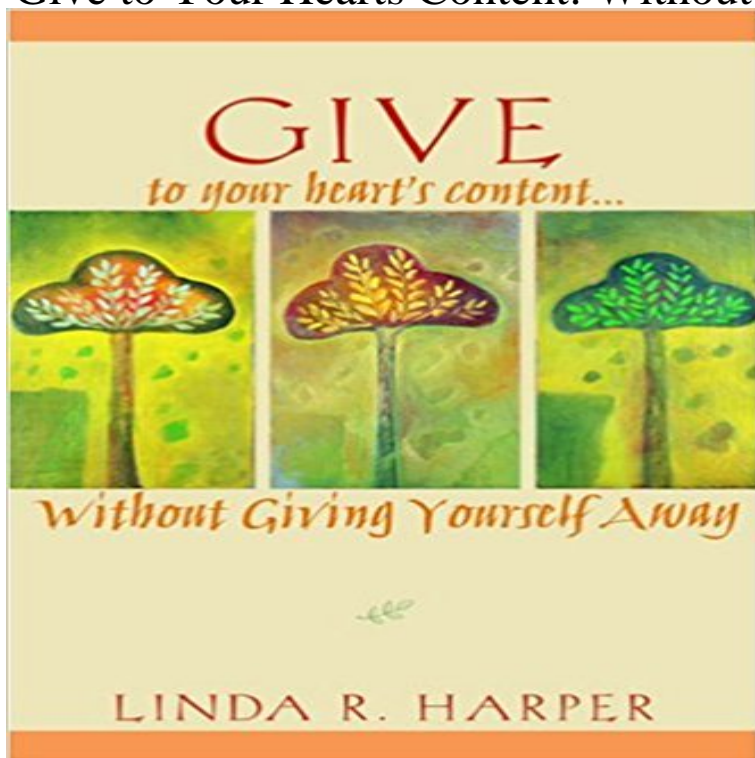


Give to Your Hearts Content: Without Giving Yourself Away



This timeless book is not about giving more but about giving from the deepest self in ways that nurture rather than deplete. Using clear language, self-quizzes, charts, and worksheets, the author helps readers discover and transform their identity as givers, in the process giving play to their unique gifts and their joy in the act of giving. Five chapters spell out the step-by-step process using the word GUIDE from G, Give wholly to yourself, to E, Experience the expanding capacity to give. Includes appendices with two five-session outlines for womens discussion groups and spirituality-based retreat centers.

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