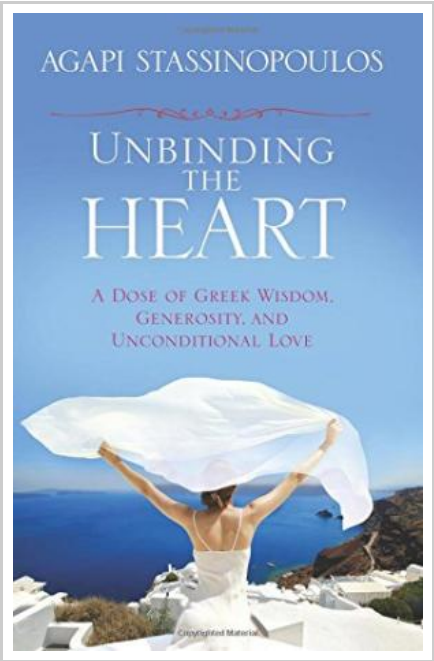



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# Unbinding the Heart: A Dose of Greek Wisdom, Generosity, and Unconditional Love (Paperback)

By Agapi Stassinopoulos

Hay House Inc, United States, 2013. Paperback. Book Condition: New. 210 x 134 mm. Language: English . Brand New Book. Unbinding the Heart invites us on an inspiring journey of inner exploration to reconnect with our true selves. Born in Greece, a country that celebrates life, Agapi Stassinopoulos learned the essential truths of happiness through the examples of wisdom, caring, playfulness, and generosity she saw all around her, starting with her own mother. She came to realize that we are all born with open hearts, but that we quickly learn to put conditions on our happiness - comparing ourselves to others, casting judgment, doubting ourselves, allowing fear or entitlement or self-righteousness to take hold - and slowly our hearts begin to close. We isolate ourselves, feeling alone, disconnected, and unheard; and in doing so, we immobilize our spirit, stifle our authentic expression, and cut off our joy. As she went on, Agapi, like so many of us, came under the soul-constricting influences of the larger world. In her struggle to find her place and her voice, trying to balance the acting career she dreamed of with the spiritual life she longed for, she discovered a path that was uniquely hers....

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