



# Detox Your Heart (Enhanced Edition)

*Mason-John Valerie*

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# Detox Your Heart (Enhanced Edition)

*Mason-John Valerie*

## **Detox Your Heart (Enhanced Edition) Mason-John Valerie**

Enhanced edition with audio files: Have you ever felt angry, resentful or revengeful? The author draws on her own life, personal stories, and current work as an anger management trainer to explore why we experience such emotions and how we can transform anger, hatred and fear. Our ability to love is often blocked by toxins inside the heart – jealousy, hatred, anger, prejudice, fear, resentment. Short exercises encourage connecting, feeling and loving, helping us to renew and open our heart.

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