



# Reclaim Your Heart

*Yasmin Mogahed*

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# Reclaim Your Heart

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## **Reclaim Your Heart** Yasmin Mogahed

Reclaim Your Heart is not just a self-help book. It is a manual about the journey of the heart in and out of the ocean of this life. It is a book about how to keep your heart from sinking to the depths of that ocean, and what to do when it does. It is a book about redemption, about hope, about renewal. Every heart can heal, and each moment is created to bring us closer to that transformative return. Reclaim Your Heart is about finding that moment when everything stops and suddenly looks different. It is about finding your own awakening. And then returning to the better, truer, and freer version of yourself. Many of us live our lives, entrapped by the same repeated patterns of heartbreak and disappointment. Many of us have no idea why this happens. Reclaim Your Heart is about freeing the heart from this slavery. It is about the journey in and out of life's most deceptive traps. This book was written to awaken the heart and provide a new perspective on love, loss, happiness, and pain. Providing a manual of sorts, Reclaim Your Heart will teach readers how to live in this life without allowing life to own you. It is a manual of how to protect your most prized possession: the heart.

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