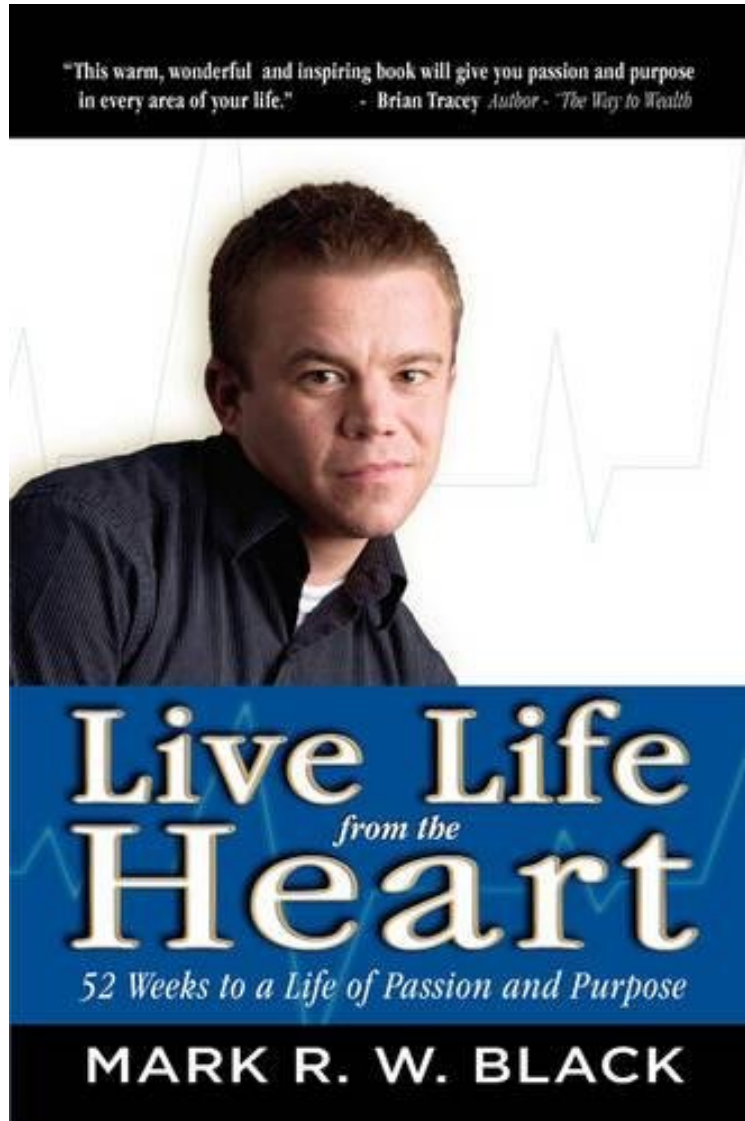


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Live Life from the Heart: 52 Weeks to a Life of Passion and Purpose

Mark Black

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Mark Black : Live Life from the Heart: 52 Weeks to a Life of Passion and Purpose before purchasing it in order to gauge whether or not it would be worth my time, and all praised Live Life from the Heart: 52 Weeks to a Life of Passion and Purpose:

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awareness teacher and motivator with over twenty years experience I will be recommending this book to my clients..Petrene Soames [...] Author of "50 Ways to fix your life" and "The Essence Of Self Healing" and Creator of The Positive Thought Cards.....25 of 25 people found the following review helpful. Live Life From the HeartBy Shaun BrodisonI thoroughly enjoyed reading 'Live Life from the Heart' and I will be taking many of the inspirational viewpoints of the book to enhance my life. Mark Black's writing is motivational and has inspired me to create a more fulfilling life. The book is written in easy to understand conversational language which makes it a joy to read. The author is a motivational speaker and from reading this book I know I would love to attend one of Mark's seminars. 'Live Life from the Heart' is an inspirational text developed from an insightful and personal perspective. The author Mark Black details his experience of heart and lung failure requiring a rare double lung and heart transplant. Mark has successfully survived this ordeal and used the experience positively to create 'Live Life from the Heart'.The book is sectioned into 52 chapters to aid the reader in developing one area in their life per week. As such, the advice enables gradual and lasting change to build a more fulfilling and enjoyable life. Each chapter enables further personal development in a concluding section entitled 'In Black and White'. 'In Black and White' provides direction on implementing each chapter enabling the reader to optimise information learnt in the text.I would recommend 'Live Life from the Heart' to anyone interested in having a more enjoyable and fulfilling life (and isn't that everyone!). The book has definitely made a difference in my own life and is a brilliant text that I will refer to for many years to come.Shaun BrodisonAuthorSecrets to Effective Weight Loss30 of 30 people found the following review helpful. A Heartfelt Witness to Intentional LivingBy Peter D SpeakerMark Black offers a touching and provocative call to living life fully. I have learned so much about cherishing my life and direction from this young man's story of gratitude and grace. Great book for young people seeking a path as well!

"Mark has been given twice the gift of life, and this book delivers for both. So doing his teachings justice demands us to think with our hearts as much as our minds and move forward with a passionate and productive life." Tyler Hayden - Author - Livin' Life Large Chasing the Carrot In LIVE LIFE FROM THE HEART, Mark Black (Heart and Double-Lung Transplant Recipient, 3-Time Marathoner and Motivational Speaker), has created a definitive guide to creating the life you've always wanted. Based on twenty-nine years of battling illness and overcoming obstacles, LIVE LIFE FROM THE HEART, is chock full of real-world wisdom and powerful life principles that will change the way you look at your life and the challenges you face. In fifty-two easy-to-read chapters, you'll learn how to: Release the powerful potential hidden within you Set goals that will help you get what you really want Alter your habits so that you can alter your reality Recognize what's really important to you Mark Black has been inspiring audiences with his powerful presentations since 2002. He is the founder of his own speaking and consulting firm, Mark Black Speaks. Mark's powerful inspirational programs have impacted thousands of people across North America. Mark's presentations are in high demand by corporations, associations and educational institutions. His story of courage and perseverance inspires people to live their lives with passion and purpose. For information about booking Mark or to learn what he can do for your organization, go to his website: www.MarkBlackSpeaks.com