

How to Use Your Heart: A Practical Guide to Loving Well

G E Williams



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Here is our hearts' dilemma: The greatest joy, meaning and satisfaction in life come from our relationships with others; and the greatest pain, wounding and scars in life also come from our relationships with others. Is it possible to increase the healthy, life-giving friendships in our lives while minimizing the relationships that harm us? You can if you learn: • How your heart works. • The skills you need (but were never taught) to use your heart to love others well. • How to recognize when someone just doesn't have the desire or ability to love you well before you invest too much in the relationship. HOW TO USE YOUR HEART is for you if you are: • Wondering how to find great friends or a romantic partner to share your life with. • Looking to improve and deepen your relationships with your friends, spouse, children or co-workers. • Wanting to lead your church to be a community that deeply loves those inside and outside its fellowship. It's never too late to find, rebuild or enhance the relationships that matter the most to you.

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