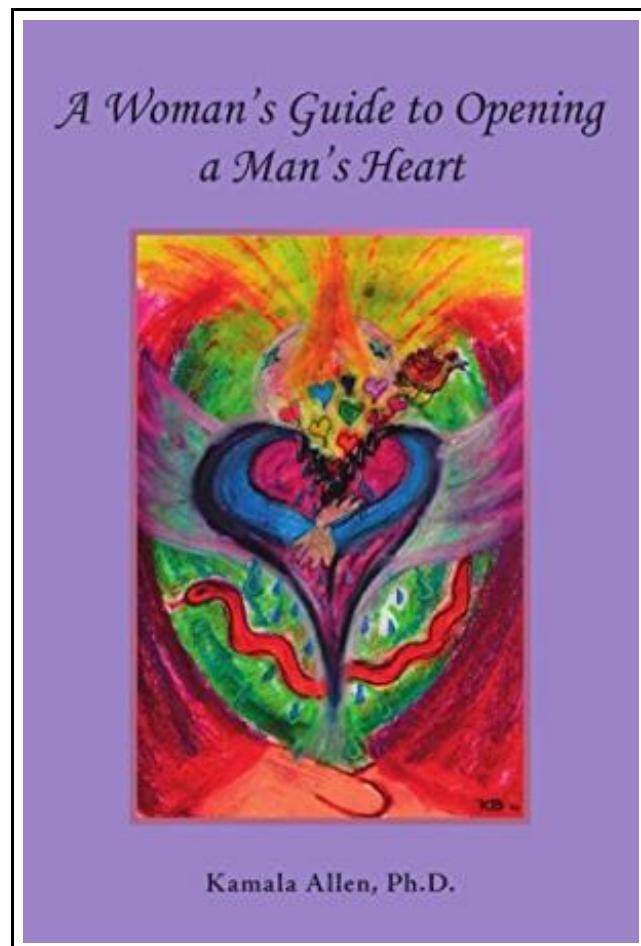


## A Woman s Guide to Opening a Man s Heart (Paperback)



Kamala Allen, Ph.D.

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Trafford Publishing, Canada, 2008. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A Woman s Guide to Opening a Man s Heart is a guide to creating love s alchemy rather than hoping for love s chemistry. Taken from the author s advanced training and apprenticeships in western psychology, energetic healing and sacred sexuality, the information presented herein will allow the reader to answer this question: How can I open my own true heart to myself as well as to my partner? Men and women, alike, have been taught to deny their genuine and vulnerable feelings in favor of an aggressive and defensive style of relating that enables them to cope and succeed in the world. Yet both want the same things: love, friendship and the bliss of true intimacy. Without knowing how to open our hearts and stay present to our deeply genuine natures, with and through each other, men and women continue to experience upset, anger, disappointment and despair as the expression of their unfelt or unexpressed love for each other. With self-acceptance, compassion and skill, anyone can create the relationship they long for. Join the author in this journey of self-discovery and healing as you learn how to: Shift your partners from their heads to their hearts in intimate relating Entice your partners to authentically express their anger, tears and laughter Transform and use the energy of anger, fear and sadness more productively Have what you want by expressing your needs in positive ways Use sexuality as a sacred healing force in your relationships Develop acceptance and understanding of yourself and others Nurture and maintain your relationships through their many stages.

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