



Finding Heart

Steven Mayer

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Finding Heart is an engaging collection of personal stories, essays, and prose, all of which focus on the search for meaning arising out of the human condition. "Finding heart" entails that essential human experience when we authentically come into contact with what really matters in our lives. It leads to profound insights and awakenings which might otherwise elude us in the course of ordinary living. Even for the author who describes himself as "a hopeful skeptic", such experiences may encompass the religious and mystical, providing ample reason to pause and reflect in the vibrating presence and wonder of the unknown.

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