



A Coach for your Heart: 5 Steps to Improve your Life Now

Ed McShane, Grant Gavin

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A Coach for your Heart presents 5 steps to unlocking the power of your heart. Ed McShane and Grant Gavin engage our heart, mind, and spirit. It is never too late to live a life with meaning. This book will show you how your heart can set you on a new path of fulfillment, insight, and love. This book will show you why these topics matter through a critical review of the best of present wisdom.

McShane and Gavin are leading experts on Love, Self Development, Depression, Self Actualization, Self Esteem, Relationships, and Personal Transformation. Sharing a combined 45 years in the field, this book provides researched-based paths toward living with authentic, lasting happiness, while helping you avoid illusory pursuits.

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