



Open Your Heart to the True You: A Useful Guide to Finding Happiness

Renee Salvatori

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Do you wake each morning, reluctant to rise and face another unfulfilling day?

Would you like to live with passion, enthusiasm and joy?

Do you feel weighed down by emotional baggage and a lifetime of unhealthy habits?

Would you like to face your vision in the mirror and feel a sense of acceptance and self-love?

They say life is a journey...but do you know where you're going?

All too often we look to external sources for guidance on how to live, who we should be, what priorities are most important and what decisions to make. We try to shape the clay of our lives into a form dictated by others. Striving to meet the demands and expectations of others is not only unrealistic, it is exhausting, demoralizing and unfair.

After years of struggling to pinpoint the root of her discontent, unhappiness, and disappointment in herself and others, Renee Salvatori set out on a journey of self-discovery. Along the way she confronted fears, healed old hurts, let go of regrets and learned to treat herself with gentleness, compassion and acceptance.

If you feel yourself being called to an emotional awakening, let Renee be a part of your journey. In **Open Your Heart to the True You**, Renee shares information, resources, strategies, tips and ideas to help you say goodbye to yesterday, celebrate today, and look ahead to a vibrant tomorrow.

Scroll up to buy Open Your Heart to the True You now to experience this inspirational book and begin to heal.

In this inspirational self-help book of emotional, psychological, and spiritual healing, Renee Salvatori guides us through philosophies and techniques to help us heal ourselves.

Open Your Heart to the True You was previously released under the title **May Your Heart Be Light**.

Renee Salvatori lives in West Virginia with her husband and four children, where she home schools one son. She continues to learn at the feet of her children; they are her best teachers. She has a passion for writing, journaling, and reading. It was this passion for writing that persuaded her to share her experiences with others.

Before staying home to raise her children, she worked in the health field. She has always been eager to understand ways of healing the body physically, mentally, and emotionally. She has always tried many new ways for healing and continues to apply what works for her. She is nicknamed the perpetual seeker. She feels that life is too short not to seek all you can.

She is passionate about personal growth and healing of all kinds. Finding ways to improve her life, the lives of those she loves, and those she doesn't even know yet. She feels that life is not always pretty, but it can offer you a wonderful learning opportunity. She takes those opportunities of past and shares them from her heart.

For more information, please visit Renee's website.

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