



Trembling Heart

Katharine Stone Ayers

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TREMBLING HEART is a gorgeous collection of poems laced with artwork exploring the many manifestations of love: love of pets, friends, lovers, ourselves. It celebrates the journey we take and encourages us to let our trembling hearts fly as we take a journey that culminates with the realization that our deepest longing is for connection with our true and authentic self. Trembling Heart reminds us of the significant loves in our life and the importance of moving beyond attachment, conditioning, old concepts, and beliefs and into the knowing that we are love.

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