

Heart Talk Poetic Wisdom For A Better Life

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Speak With Your Heart And Create a Big Life With Cleo Wade and Lewis HowesHeart Talk Poetic Wisdom For Cleo Wade is a friend, community builder, and the author of the bestselling book Heart Talk: Poetic Wisdom for a Better Life as well as Where to Begin. She has been named one of America's 50 Most Influential Women by Marie Claire, 100 Most Creative People in Business by Fast Company, and \"The Millennial Oprah\" by New York magazine. Cleo sits on the board of the Lower Eastside Girls Club, the National Black Theatre in Harlem, and the Women's Prison Association.

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Love yourself enough to express your wants, your needs, and your desires. Love yourself enough to tell the truth. Love yourself enough to keep yourself safe. Love yourself enough to say enough is enough when enough has become enough.”. — Cleo Wade, Heart Talk: Poetic Wisdom for a Better Life. 17 likes.

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Heart Talk is pure love and inspiration, I'm so glad I have it. Cleo is an optimistic, loving, forgiving, cherishing, empowering

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voice in a world of nihilism, hatred, blame, doubt, and degradation. In simple words she reminds us to seek kindness in the world and in ourselves, reminds us to love ourselves and each other, and to always strive to be our best authentic souls.

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Keep Heart Talk by your bedside table or in your bag for an empowering boost of spiritual adrenaline that can help you discover and unlock what is blocking you from thriving emotionally and spiritually. A beautifully illustrated book from Cleo Wade—the artist, poet, and speaker who has been called "the Millennial Oprah" by New York magazine—that offers creative inspiration and life lessons through poetry, mantras, and affirmations, perfect for fans of the bestseller Milk & Honey.

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