

## Aspire Higher: How to Find the Love, Positivity, and Purpose to Elevate Your Life and the World!

**Ken Lindner**

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Ken Lindner's *Aspire Higher* is designed to equip people to be the best versions of themselves.

While the news and other factors of modern life make it easy to focus on what's negative, Lindner states that there are other options. Indeed, personal choices can have powerful, even life-changing, implications for one's mental and physical health, relationships, and beyond. As such, this is a book that equips its audience to make the choices they need to in order to live the lives that they want. Its aims are lofty, but simultaneously accessible to anyone; the only prerequisite is the desire for fresh thinking.

The book's central concept is the heart of hearts, where deep desires reside; it aims to help people access this place of earnestness and whimsy inside themselves. The first task, the book says, is locating one's heart of hearts, which, for many, was buried, and to then listen to its desires. This work requires opening oneself to vulnerability—a true feat of strength. As a support for this work, the book names philosophies and ideals, like namaste and agape love, that have been known to yield deep fulfillment.

Lindner also promotes a positive life choice psychology—a delicate, powerful balance of emotional stability and clear thinking, designed to unify the cognitive and emotional elements that often feel divided. On that foundation, he says, people can choose to act in a manner that is consistent with their values, and that lifts others up.

*Aspire Higher* is a self-help book that empowers audiences to live their lives in a positive manner. Its prose is clear and systematic, breaking down its ideas with examples, and its processes with clear steps. Its fresh, accessible explanations of psychological concepts like behavioral scripts and self-esteem will result in people better understanding themselves.

MELISSA WUSKE (November / December 2021)

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