

Heart Medicine: How to Stop Painful Patterns and Find Peace and Freedom---at Last

Radhule Weininger

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Concerned with personal growth, Radhule Weininger's empathetic and graceful book *Heart Medicine* is designed to help audiences break their harmful habits.

People's patterns can keep them from experiencing the lives they want, especially when they become longstanding, recurrent, and painful (the book calls them LRPPs). But this book's precise naming of such patterns represents a huge step toward empowering change. Based on therapeutic and meditative ideas and practices, Weininger's work shows that inner healing begins with recognizing and addressing the trauma behind one's emotional and behavioral patterns.

First, addressing awareness and trauma, the book provides encouragement that change is possible. It suggests twelve steps toward healing, from naming LRPPs to serving others. Throughout, the book calls attention to the mental, emotional, and physical elements of both problems and their solutions, equipping the audience for awareness, and for envisioning a new way of being. The promised "medicine" comes via mindfulness, compassion, and nuanced understandings of the complexity of individual behavior patterns.

Featuring practices to bring the theoretical into reality, including breathing exercises, guided reflections, and scripts for reframing internal messages, the book includes estimated timelines for completion of its work, enabling busy people to set aside space needed to address their inner selves. Most transformative is the book's perspective on loving awareness. Weininger knows that it's hard to face problems without assigning blame, but says that the key to freedom is recognizing that judgement is unnecessary when one is seeking change, and is detrimental to the process of building new patterns.

With a professional tone and persistent positivity, Weininger draws on real-life examples to build wisdom, inspire courage, and envision change, helping to make *Heart Medicine* a mental health book that imparts healing and peace.

MELISSA WUSKE (November / December 2021)

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