

# If You Hear the Message Three Times, LISTEN

Patricia Heller

## Overview

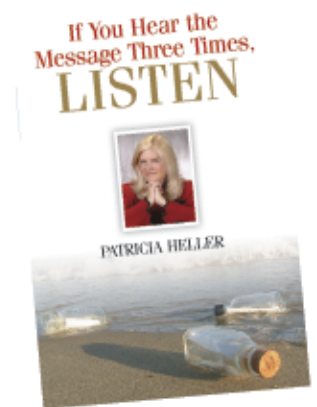
In this riveting memoir, Patricia Heller takes us with her on a journey to self-discovery, self-healing, joy and enlightenment. Not only does she share her stories with laugh out loud antidotes, and others that bring a tear, she teaches us valuable insights and techniques to bring success and healing into our own lives.

Some of the topics Heller covers are:

1. How to tell when the universe has a message for you
2. How to deal with grief, sorrow and loss
3. How to find a path to higher consciousness
4. How to create and accept abundance and miracles
5. How to accept our dark side and create spontaneous healing
6. How to be joyful and live, love, laugh and be happy

She also provides guided meditations and helpful tips to gain self-love. Witty, engaging and inspiring, this book will change the way you view the world and yourself. Her mystical, magical tale encourages us to listen to our own inner teachers; by listening to hers she learned the universal secret:

“It all comes back to love, yourself and one another, because we are all one.”



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