



Opening the Gates of the Heart: A Journey of Healing

Carolyn CJ Jones

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Composed of 42 photographs of wrought-iron gates and inspirational quotes about life, this book reflects author Carolyn CJ Jones' own healing journey in recovery from alcoholism. The book follows the journey through a 12 Step program. Beginning with great angst, including feelings of worthlessness and despair, the book quickly turns to self-awareness, enlightenment, growth and healing. Ways to treat each other and ourselves better and principles of living are explored. The reader is ultimately brought to the satisfying conclusion of joy and peace. In addition to the words of inspiration, Carolyn's lovely photographs make this book a work of art, suitable for display on a coffee table. This book makes an excellent gift for anyone. It is especially appreciated by those on a spiritual journey of discovery, as well as by those who are interested in emotional healing. Read in its entirety, *Opening the Gates of the Heart* is a pathway to peace. Read one verse at a time, it makes an excellent daily meditation book.

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