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**Author Dale Goldstein is acknowledged for his Award Winning book,
Heartwork: How To Get What You Really REALLY Want**

June 6, 2008 Rochester, NY - Dale Goldstein, author of *Heartwork: How To Get What You Really REALLY Want* is experiencing significant recognition and praise and in May was awarded Silver awards by both Foreword Magazine's Book of the Year (Mind/Body/Spirit category) and Nautilus Book Awards (Personal Growth/Psychology category). The book also placed as a Finalist for the Benjamin Franklin Award (Psychology/Self-Help category).

About the book

Goldstein wrote *Heartwork: How to Get What You Really, Really Want* to illuminate and explain the Heartwork process. Heartwork is both a counseling approach and a way of living. A synthesis of Eastern meditative and Western psychotherapeutic techniques, Heartwork works through the psychological aspects of the mind to access the spiritual dimensions of consciousness.

In the opening pages of the book, Goldstein shares a poem written by a participant in his very first Heartwork workshop (Omega Institute, 1982). The poem describes the process Maribeth Price went through in a near-death experience caused by an automobile accident. For both Price and Goldstein, the poem conveys the "spirit and transformational power of Heartwork" as a catalyst for psychological and spiritual healing.

In "The Descent," Price describes what it was like to have to confront the reality of her own death. Surprisingly, in giving up the struggle against her own mortality she is able to experience an unprecedented sense of unbounded spaciousness. Plunging herself "through fear's dark sea," she begins to let go of a lifetime of holding. As she "starts to yield," she finds herself "pulsing in rhythmic union/ With all that once seemed foe/ Feeling with each heartbeat/ Feared enemy becoming friend."

While Price's account describes her conscious reliving of an actual near-death experience, the other testimonials in Goldstein's book collectively demonstrate that equally profound awakenings can and do take place through the practice of Heartwork, without the physical body ever being placed in danger. Nestled safely within the structured space of a Goldstein workshop, participants publicly share their "intention statements" and commit to a shared set of ground rules. Surrounded by others pursuing a similar path of inner-inquiry participants (or readers of the book) progress through a series of exercises which enable them to plunge, like Price, "through fear's dark sea." As they do so, they begin to be able to open into and through any demons—fear, pain, addiction, or self-judgment--- they have been running away from in their lives.

About the Author

Dale Goldstein is a licensed psychotherapist and workshop facilitator who has actively explored the uses of meditative, healing and psychotherapeutic tools for the enrichment of individuals, groups and organizations since 1966. Goldstein founded the Heartwork Institute in 1982

Through Heartwork's unique combination of eastern meditative and western psychotherapeutic techniques, participants consistently witness the unfolding of miracles as they watch their most feared enemies (any distresses they habitually avoid or repress) transform into what Goldstein calls "doorways into a space of open awareness and insight." Through the Heartwork process, Goldstein explains, "rather than giving the problems the power to run your life...you are continually learning from your experience, and life becomes 'The Great Adventure.'"

Many established healers in both Eastern and Western traditions (among them such notables as Jack Kornfield, Stephen Levine and Christine Northrup M.D.) have come forward to endorse Dale Goldstein's work as a powerful "catalyst for healing." Several endorsements recommend experiencing first-hand Dale Goldstein's guidance. Book orders are accepted through Amazon.com or heartworkstore.com

Upcoming Heartwork Events:

"How To Get What You Really REALLY Want" Rochester NY July 14th

Weekend of Heartwork, Rochester area: July 18 – July 20

Weekend of Heartwork, Bermuda: October 9 - October 12

Letting Go II Retreat, Austin, TX: November 15th – 23rd

More information at www.awakentheheart.org/events or Register by calling 888-340-9865

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