



# Heartquakes: Paintings and Poems for Healing Hearts

*Asa Katarina Odback*

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## **Heartquakes: Paintings and Poems for Healing Hearts** Asa Katarina Odback

More than an art or a poetry book, this unique piece combines original paintings and poems in a way that has never before been done. The result: a healing, uplifting and inspiring work that can be read time and time again.

Courage comes from the French word for heart -- *coeur*. To have the courage to live a fearless life, we need to be connected to our hearts. Sadly, many of us have learned to disconnect ourselves from our hearts because of all the heartquakes we've been through: from minor ones, like rejections, worries and disappointments, to major ones, like the end of a relationship or losing a loved one. This book is specifically designed to help us reconnect with ourselves and heal our heartquakes, so we can live a fuller, more creative life and inspire those around us to do the same.

Asa Katarina has had shows around the world, in cities like Los Angeles, Stockholm and NYC. This is her first full-length art and poetry collection. This unique piece contains over 100 outstanding original paintings and 50 emotionally charged original poems, each specifically selected to evoke and begin to heal the reader's heartquakes.

For more about Asa Katarina, please log onto [AsaKatarina.com](http://AsaKatarina.com)

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