

Praise Sheet
Breathing Love: Meditation in Action
by Jennie Lee

“Jennie Lee's *Breathing Love* is extraordinarily important, because our country and our world are afflicted by a tsunami of separation directed toward “the other.” This pandemic of separation and hostility now threatens our future. In elaborating on love, Lee provides a path not just for personal psychospiritual growth, but also for the survival of our species.” - Larry Dossey, M.D., Author of *One Mind: How Our Individual Mind Is Part of a Greater Consciousness and Why It Matters*

“*Breathing Love* is the one book to give to family, friends, and students. Never has the art of cultivating true, generous love and the higher Self through meditation practices been better explained. This book opens up a new world of possibility beyond all the ego obstacles and the destructive conflicts of our times. Bravo. Jennie Lee offers the essential vitamin pill for the soul. Brilliant, elegant, and easily practical for those just getting into meditation, and for the seasoned veteran. This is a book to cherish, filled with good stories from Jennie's remarkable life of devotion.” - Stephen G. Post, Author of *Why Good Things Happen to Good People* & President of the Institute for Research on Unlimited Love

“*Breathing Love* is a powerful call to awaken a higher level of love in our hearts and to serve love selflessly for the sustainability of all humankind. Jennie Lee compassionately guides readers through the inner obstacles of fear, anger, ego, and a limited sense of self, to find the pure love waiting within. If you are feeling disconnected or unloved, this book will set you on the path to healing and to seeing relationships in a whole new light. Through her personal stories, Lee illustrates the way we can evolve consciousness from fear to love - an essential skill for everyone's inner peace.” - Gerald G. Jampolsky M.D., Co-Author of *Aging with Attitude*

"Dear Meditators, Jennie Lee is here to help you cultivate even the most quotidian moments as spiritual practice. Breathing Love, will grant you a widening connection to your purest love and your true Self." - Elena Brower, Author of *Art of Attention* and *Practice You*

"Breathing Love is brimming with inspiration for those building or expanding a practice of meditation, not just as a self-care practice, but as a means to heal our hurts and fill our hearts with calm trust and LOVE." - Agapi Stassinopoulos, Author of *Wake Up To The Joy Of You*

"In this beautiful treatise, Jennie Lee gives practical ways to embody Love Itself; a true path to connection with our inherent Divinity." - Tosha Silver, Author of *Change Me Prayers: The Hidden Power of Spiritual Surrender*

"I love Jennie Lee's rallying cry to choose love *anyway, always, and no matter what*. She will show you how to break open your heart and let the love that's inside you, *the love that is your very essence*, pour forth into the world and bless everyone it touches. As Jennie explains, love is the language of God, so when you consistently choose love, you will palpably feel God's presence, and peace will gather you tenderly in its arms." - Phil Bolsta, Author of *Through God's Eyes: Finding Peace and Purpose in a Troubled World*

"Breathing Love is an important book, which shows us how to fulfill the need that connects us all as human beings, and at the same time the lack of which is responsible for all suffering. I came upon this wisdom the hard way, through personal tragedy, but those who read Jennie's words, take

them into their hearts, and put them in practice, will be living the fullest, most meaningful and purpose-driven life possible." - Scarlett Lewis, President and Founder of the *Jesse Lewis Choose Love Movement*

"Jennie so beautifully gives us the tools for a new era. In *Breathing Love*, she paints the picture of life beyond fear and anxiety and gives us the practical skills to make it happen. We are standing on the precipice of this new reality and Jennie is showing us the way. This book will help each one of us fulfill our ultimate purpose and live in what can only be called a heaven on earth." - Cherie Healey, Possibilitarian