



# **new love: a reprogramming toolbox for undoing the knots**

*Trista Hendren, Arna Baartz*

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# new love: a reprogramming toolbox for undoing the knots

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**new love: a reprogramming toolbox for undoing the knots** Trista Hendren, Arna Baartz

New Love is a powerful combination of emotional/spiritual techniques, art and inspiring words for women who wish to move away from patriarchal thought. This empowering 30-day journal-style program will help you take a gentle next step into a true and open heart. This reprogramming toolbox combines the wisdom of intentional visual art and inspiring words from authors such as Audre Lorde, Patricia Lynn Reilly, Andrea Dworkin, Alice Walker, Mary Daly and Ellen Bass. New Love includes a mixture of compelling thoughts and suggestions for each day, along with a “toolbox” to help you change the parts of your life you want to heal. You will be guided and loved into seeing your truth more clearly. New Love is perfect for women who feel a little stuck, uncertain, or in need of focus and support. This book will work effectively as an individual handbook or can be used in supported women's circles via the New Love Group on Facebook.

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