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# Follow Your Heart Andrew Matthews

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[Follow Your Heart \(a book by Andrew Matthews\)](#)

Andrew Matthews empowers audiences in 25 countries to enjoy their life and work. He has presented to over 1,000 conferences and conventions. Andrew is a regular conference speaker in Adelaide, Brisbane, Cairns, Canberra, the Gold Coast, Melbourne, Sydney, Bali, Dubai, Vietnam, Hong Kong, Kuala Lumpur, London, Manila, Singapore and across the USA.

*Books - Andrew Matthews*

This new article (in point form) is a short summary of a short and simple, yet excellent book 'Follow Your Heart' by a talented Australian author and illustrator by the name of Andrew Matthews. This summary (as with all my articles) may be freely published with acknowledgment to Andrew Matthews, please.

Editions for Follow Your Heart:

0843174919 (Paperback published in 1999), 9649153810 ( published in 2005), (Kindle Edition published in 1997), (Paperback...

Follow Your Heart by Andrew Matthews - Goodreads

Andrew's down-to-earth books - illustrated with his own cartoons - have gone global. "Being Happy!" and "Follow Your Heart" have become self-help classics, selling in 70 countries. Ask readers what they like about Matthews' books and they tell you, "They are easy to read, easy to relate to, easy to apply - and they are funny!"

[Bestselling Author and International Speaker - Andrew Matthews](#)

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**Follow Your Heart: Finding Purpose in Your Life and Work ...**

Help with Depression. Follow Your Heart is used by psychologists and counselors worldwide. It is frequently prescribed for people who are grieving or suffering from depression. Says Andrew, "Readers seem to appreciate the simplicity - and they like the cartoons." Andrew Matthews empowers audiences in 25 countries to enjoy their life and work.

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## **Follow Your Heart: Finding Purpose in Your Life and Work ...**

Follow Your Heart is one of those books that will remain in my library indefinitely. Matthews outlines the basic rules of life, the lessons we are to learn in life and the fact it won't always be easy, but if we understand the rules of God and nature, it's much more bearable. His insights are succinct and right on the mark, his examples well drawn.

Andrew Matthews (Author of Being Happy!) - Goodreads

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### **Contact - Andrew Matthews**

Before talking about 'Follow Your Heart book summary' let's first discuss the book's author Andrew Matthew. Andrew's down to earth books illustrated with his own cartoons- have gone global. "Being happy" and "Follow your heart" have become self-help classic, selling in 70 countries.

*Follow Your Heart Andrew Matthews*

Follow your heart, Andrew Matthews The concepts in this book ring true with practical, applicable advice, and Matthews's lucid writing and witty stories help bring his message into sharp focus.

Follow Your Heart is everything you could ask for in a self-help book.

*Cartoons - Andrew Matthews*

Follow Your Heart Finding Purpose In Your Life and Work The Big Idea Follow your heart...

"Your mission in life is not to be WITHOUT PROBLEMS - your mission is to GET EXCITED."

"Whoever you are, you aren't STUCK - you are a human being, not a tree!" This book is

about... • Doing what you love  
*Andrew Matthews - Amazon*

Follow Your Heart is one of those books that will remain in my library indefinitely.

Matthews outlines the basic rules of life, the lessons we are to learn in life and the fact it won't always be easy, but if we understand the rules of God and nature, it's much more bearable. His insights are succinct and right on the mark, his examples well drawn.

Follow Your Heart: Andrew Matthews: 9780987205735: Amazon ...

"Andrew Matthews makes simple what used to be . complicated.

Let him help you find purpose in your life and work in his

marvellous new book, FOLLOW YOUR HEART." KEN BLANCHARD, Ph.D. Author of. One Minute

Manager "Once again Andrew Matthews has written words of wisdom . and wonder. Follow your heart to your local bookstore and

*DWB follow your heart - Dental Wealth Builder*

Follow Your Heart is everything

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you could ask for in a self-help book. It is about doing what you love, dealing with bills and disasters, discovering your own power, and finding peace of mind. Start down the road to changing your life because as Matthews says: "Our mission in life is not to change the world--our mission is to change ourselves."

**written and illustrated by  
ANDREW MATTHEWS**

Andrew Matthews books including "Being Happy!", "Follow You Heart" and "How Life Works" have sold over 7 million copies in 43 languages.

*Andrew Matthews Quotes (Author of Being Happy!) - Goodreads*  
? Andrew Matthews, Follow Your Heart. 0 likes. Like "The only constant we have is change." ? Andrew Matthews, Follow Your Heart. 0 likes. Like "Recent studies at the Public Health Institute in California confirm that hostility and resentment tear down your immune system and double your risk of heart attack, cancer and even diabetes ..."

*Editions of Follow Your Heart by Andrew Matthews - Goodreads*

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Melbourne, Sydney, Bali, Dubai, Vietnam, Hong Kong, Kuala Lumpur, London, Manila, Singapore and across the USA.

**Follow Your Heart - Andrew  
Matthews**

Follow Your Heart Andrew Matthews  
**Follow Your Heart (Audiobook) by  
Andrew Matthews | Audible**

"Andrew Matthews makes simple what used to be complicated. Let him help you find purpose in your life and work in his marvellous new book, Follow Your Heart. (Ken Blanchard, Ph.D., author of The One Minute Manager)

[Follow Your Heart - Kindle edition by Andrew Matthews ...](#)

Andrew Matthews is the author of Being Happy! (4.21 avg rating, 2933 ratings, 317 reviews, published 1988), Follow Your Heart (4.23 avg rating, 1930 rati...