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Opening Extract from...

The Alphabet of the Human Heart

Written by
Matthew Johnstone and James Kerr

Published by Robinson

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THE ALPHABET
of the
HUMAN HEART

Constable & Robinson Ltd
3 The Lanchesters
162 Fulham Palace Road
London W6 9ER
www.constablerobinson.com

First published in Australia by Pan Macmillan Australia, a division of Macmillan, 2009

This edition published in the UK by Robinson, an imprint of Constable & Robinson Ltd, 2011

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A copy of the British Library Cataloguing in Publication Data is available from the British Library

ISBN: 978-1-84901-449-6

Printed and bound in the EU

1 3 5 7 9 10 8 6 4 2



FOR OUR CHILDREN
FOR WHEN THEY GROW UP



Matthew Johnstone and James Kerr have helped each other through the upside and the downside of life for over 30 years. This book is the result of their friendship.

Please visit us at
www.alphaheart.com

THE ALPHABET *of the* HUMAN HEART



The A to Zen of Life

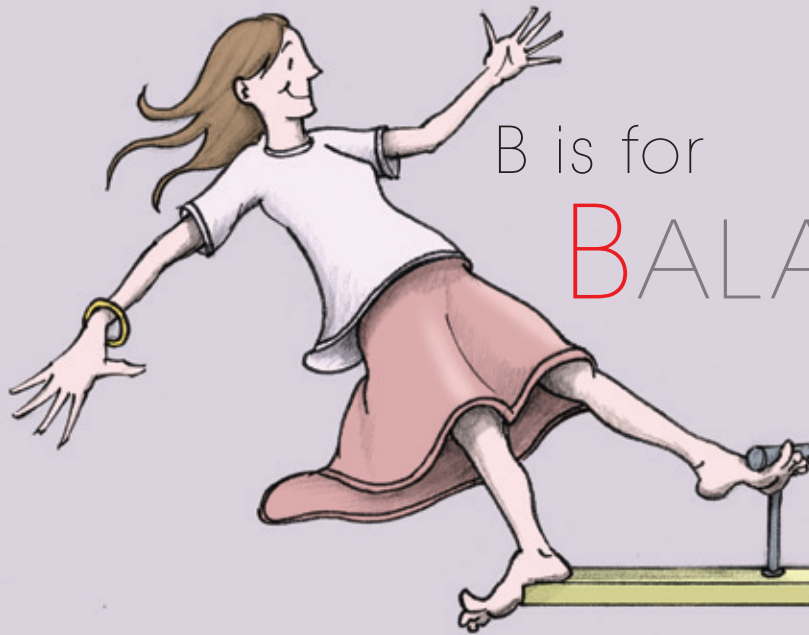
By Matthew Johnstone and James Kerr



is for adventure

Adventure is the opposite of television.



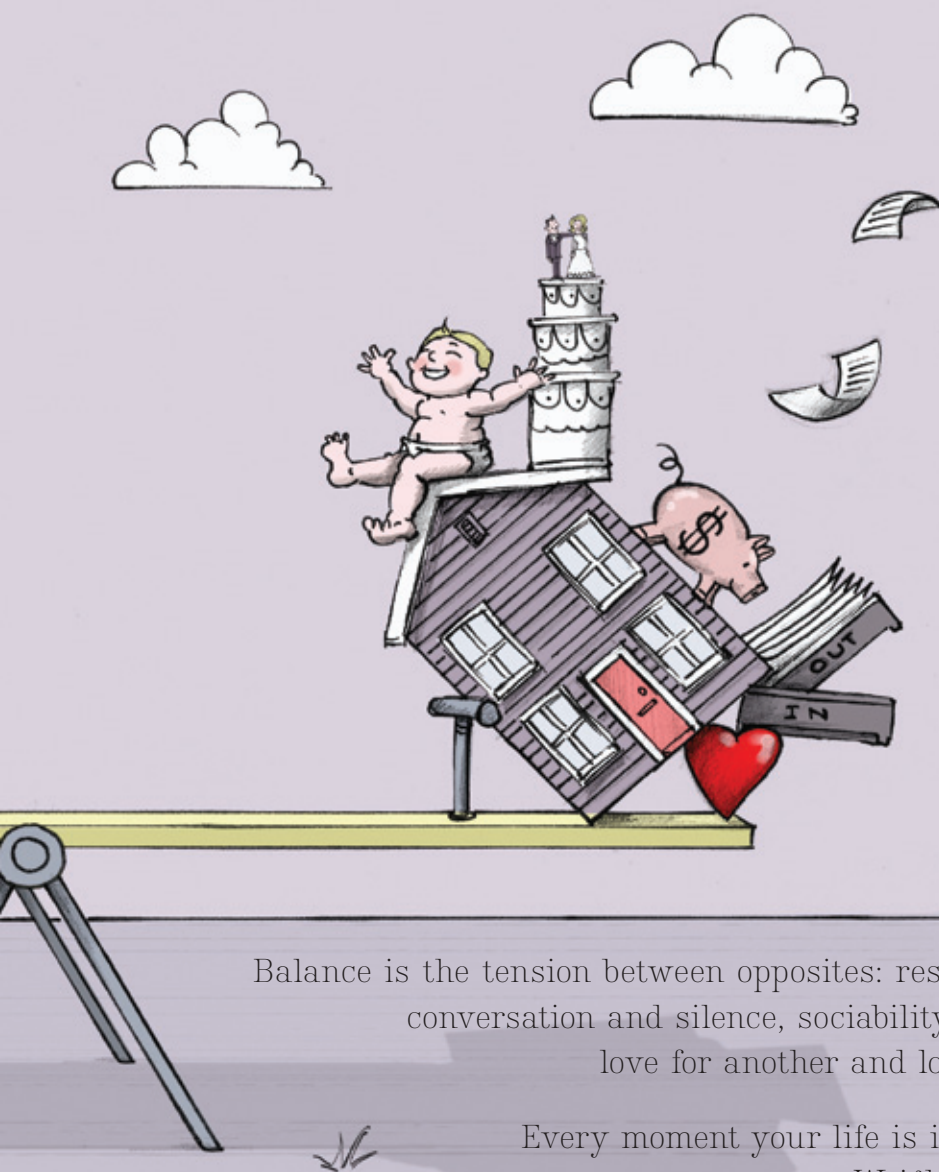


B is for

BALANCE

As humans, we understand things as opposites:
Yin and Yang, good and bad, up and down, day and night.





Balance is the tension between opposites: rest and activity,
conversation and silence, sociability and solitude,
love for another and love for oneself.

Every moment your life is in the balance.
Weigh your options.

C is for

Compassion



Compassion means to live with love.

It means caring for the sick – and the healthy too.

It means giving to the poor – and to the rich as well.

It means being kind to the needy –

and to those who need for nothing.

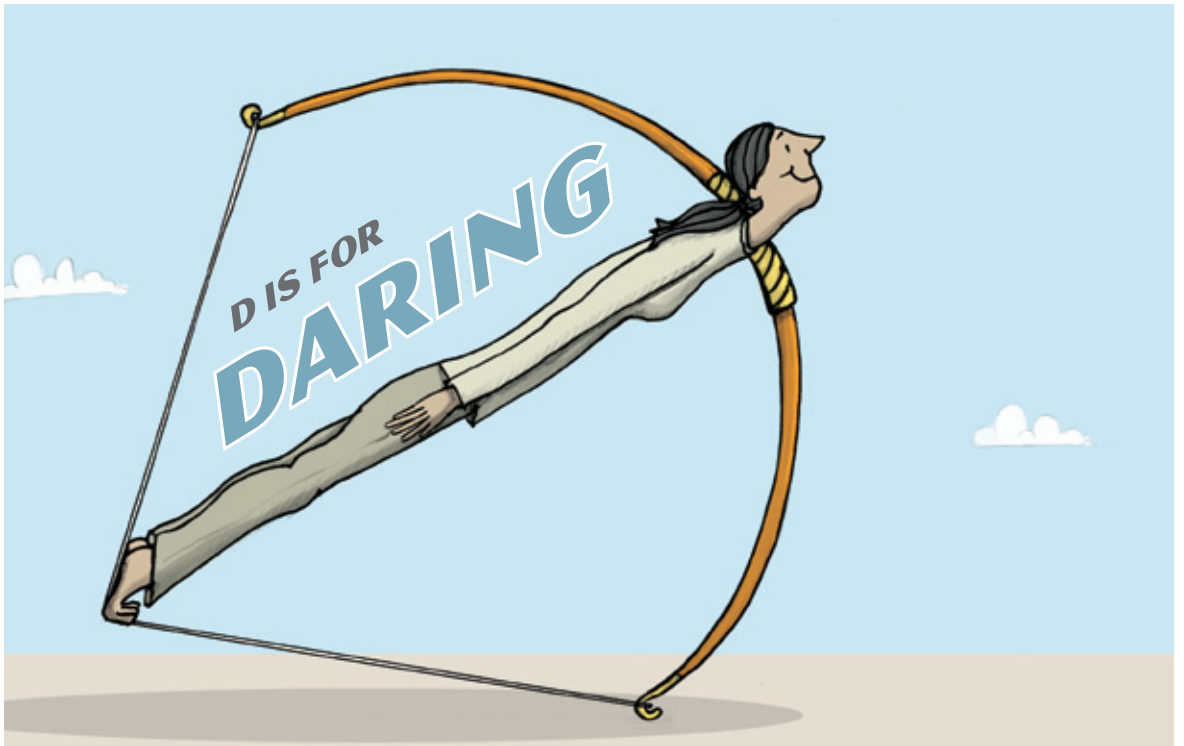
Compassion is an equal opportunity emotion.

To make others happy, treat them with compassion.

To make yourself happy, treat others with compassion.

*Feel the love.
Apply liberally.*





Daring is doing. It gets things done.
Every great achievement begins with it.
Every great person first dared to be great.

What will you dare to do today?

DARING IS STEPPING KNOWINGLY INTO THE UNKNOWN.

DARING IS LIVING YOUR LIFE OUT LOUD.

DARING IS WHAT DARING DOES.



THE ALPHABET
of the
HUMAN HEART

FOR HOLLY
FOR AINSLEY
FOR EVER



THE ALPHABET *of the* HUMAN HEART



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A is for

ANGER

We all know what anger is.

But what makes us angry?

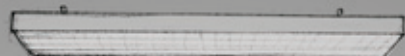
What fears, griefs, insecurities ... past hurts?

Understand your anger and you can overcome it.

Anger might make you enemies, but enemies
don't make you angry. Your thoughts do.

Control them and everything will be **COOL**.





B IS FOR BOREDOM

BORED, RESTLESS, ANXIOUS, DISCONNECTED?

The cure is curiosity. So, try something new.

Ask a stranger to tell you a secret.

Tell your secrets to a stranger.

Experience what a kumquat tastes like.

Dress in clashing colours. Or don't dress at all.

Learn to dance. Snowboard. Paint. Sing. Juggle.

Ask a child for their advice. Take it.

Pretend that today is the last day of your life.

Or the first.

Turn off the television.

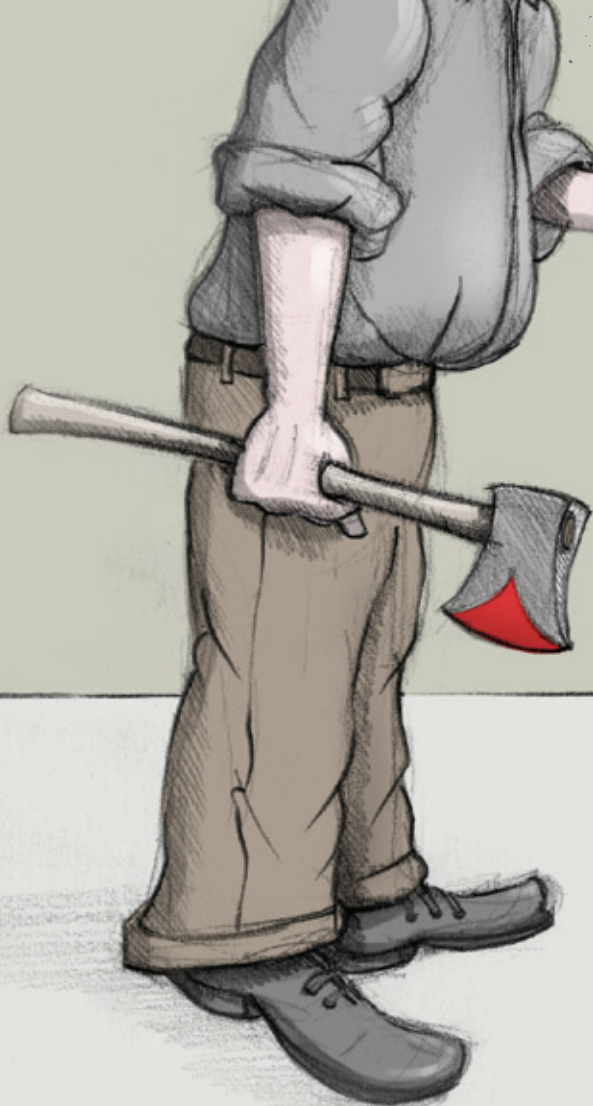
Turn on your lover.

Tune in to life.



TOO BUSY TO BE **BORED**

C is for **CRITICISM**



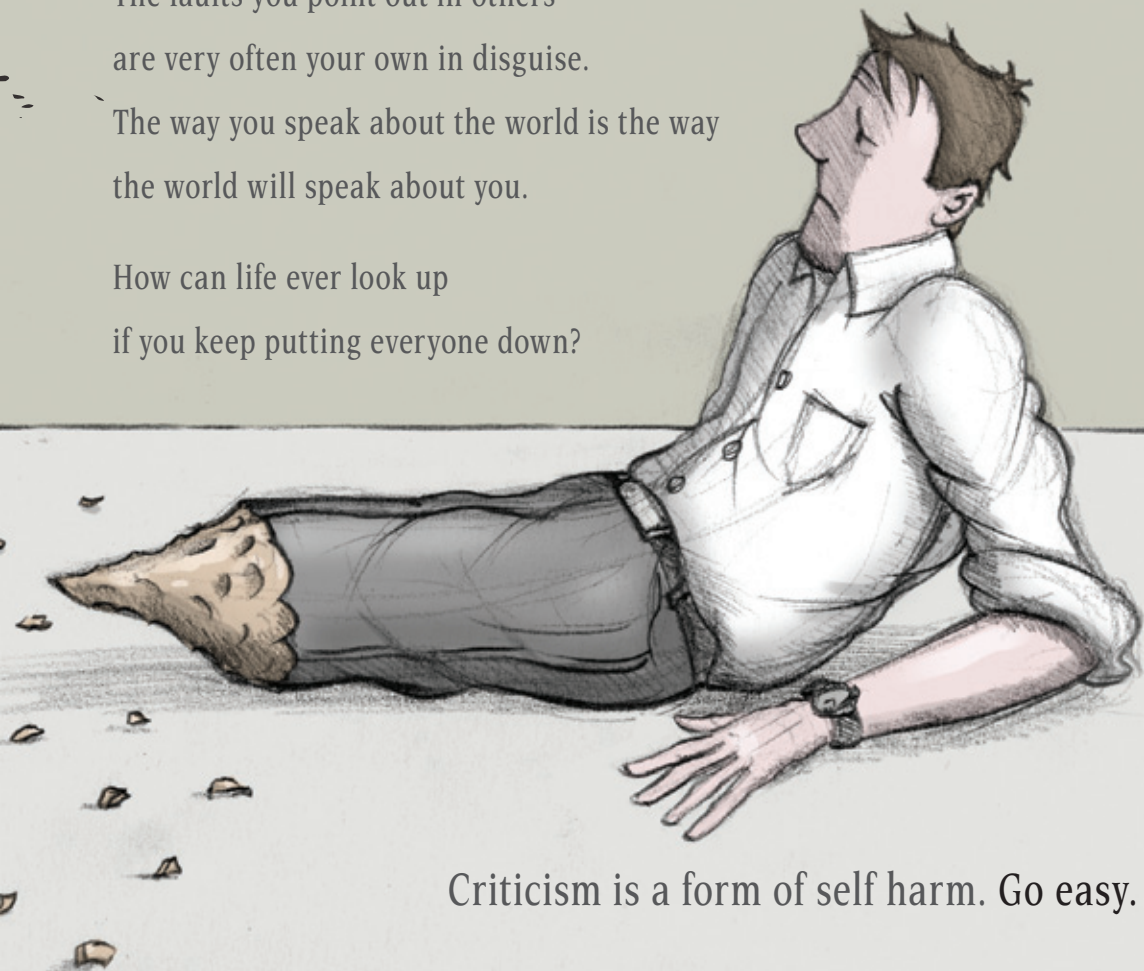
Criticism tells you everything you need to know about yourself.

So listen carefully.

The faults you point out in others
are very often your own in disguise.

The way you speak about the world is the way
the world will speak about you.

How can life ever look up
if you keep putting everyone down?



Criticism is a form of self harm. Go easy.

If you think you might be depressed,
the bravest thing you can do is seek help.
The only shame would be to miss out on life.

Talk to your doctor.
Find a therapist you can
trust and relate to.
Confide in your friends.

Exercise.
Eat healthily.
Rest. Meditate.
Don't self medicate.

Always remember,
this too will pass.

This too will pass

This too will pass

This too will pass

THIS TOO WILL PASS IS DEPRESSION

