

Heartwork Institute, Inc.

*Heartwork Institute, Inc.*



882 Titus Avenue • Rochester, New York • 14617

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www.heartwork-institute.com

## Pitch Points and Four Workshops by Dale Goldstein, LCSW

**Embracing Stress:** *In today's business environment stress seems unavoidable. At worst it leads to illness, absenteeism and attrition. At best it interferes with communication, creativity, and the smooth and productive functioning of a workgroup. By helping workers learn to better handle stress and channel their energy more productively, Embracing Stress helps organizations minimize these problems and reach higher levels of effectiveness.*

**Healing in the Workplace:** *Our workplace is a microcosm of society. People bring their whole selves to work - both their assets and their liabilities. Tension and illness in the whole work community are created within and between individuals when difficulties are not dealt with consciously, openly and honestly. Healing in the Workplace helps organizations and businesses create a healthy work environment where hearts are open, and employees are more creative.*

**Creating Healing Relationships:** *Designed for people in ongoing intimate relationships of all kinds, who together seek an ever-deepening intimacy with each other. Participants discover what creates and sustains intimacy in relationships, as well as learning how it is lost and can be renewed. In Creating Healing Relationships they will learn the four vital relationship tools that can take a relationship through any difficulty and transform the relationship's very nature.*

**One Year to Live:** *Designed for health care workers to help their clients, as well as anyone looking for focus in their lives. Participants discover the answers to, "What would you do if you had but one year to live?" They reconnect with what is truly meaningful in their lives, and gain insight into the internal barriers that prevent them from having what they really want. One Year to Live offers tools that will help resolve any problem, both personal and in business.*

*The Power of Forgiveness* and *A Day of Awareness* are some of the additional workshops that Dale has offered. See [www.AwakenTheHeart.org](http://www.AwakenTheHeart.org) for workshop details or contact Heartwork Institute, Inc. at 585-544-8124 for additional information.

*Combined with physical unwinding tools similar to Kripalu yoga, and meditations based on mindfulness practices, Dale brings decades of experience as a psychotherapist to his workshops.*

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-- for immediate release --

## **The Secret is You Can Have What You Really, REALLY Want**

Are you one of those people who feel knowing what you truly want is a secret you keep even from yourself? Maybe you have focused on goals someone else wanted for you, or on what other people needed? What happens when you are emotionally wounded, and your thoughts, feelings, and actions create your universe? How do these emotional wounds restrict or inhibit you from knowing or having what you want? Maybe the secret of fulfillment lies in the activity of healing our hearts, and speaking directly to our souls.

*Heartwork: How to Get What You Really, REALLY Want*, by Dale Goldstein, LCSW, outlines a course in attaining spiritual awareness by working through (as opposed to around) the deep emotional layers of consciousness. The book itself is an *experience*; it brings you through nine "What Do You Really Want?" questions into a full understanding of your deepest truths. As an extra bonus, the reader is able to "experience" Heartwork directly. Dale says, "One way to begin to have what you truly want is by asking yourself, 'What do I need right now?' and then giving it to yourself all day long."

Goldstein says, "When people do even a bit of "Heartwork" they become more open emotionally and change how they relate to themselves, and all within their Universe. They become more able to have sustained intimate relationships, and to succeed in all aspects of their lives." Since 1966, Dale has devoted himself to passionately developing the "Heartwork" system. He has personally done deep work on both the psychological and spiritual aspects of his being; very few therapists walk their talk like Dale. To learn more about Dale or the Heartwork Institute visit [www.AwakentheHeart.org](http://www.AwakentheHeart.org)

For more information contact Mari Selby, 540-446-5573

*Heartwork: How to Get What You Really, REALLY Want*

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Available at Ingram, Baker & Taylor, Amazon, New Leaf Distributing Co.

***Synthesizing western psychology and eastern meditative techniques, Heartwork is a practical manual for going deep into oneself, and emerging able to get "What You Really, REALLY Want"***

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Praise for *Heartwork: How to Get What You Really, REALLY Want*, and Dale Goldstein

“*Heartwork* gave me chills when I first picked up the manuscript. This wonderful book is simply the truth about what it takes to heal and become vibrantly alive.” Christiane Northrup M.D. author of *Women’s Bodies, Women’s Wisdom*

“There are in this world illnesses that seek healing in just the same way as aspirants seek liberation – the right catalyst is crucial. Dale Goldstein is just such a catalyst.” Stephen Levine, author of *Healing Life into Death*

“*Heartwork* is the one book to take on your spiritual journey.” James O’Hern, author of *Honoring the Stones*

“Far and away the best book on personal transformation I have ever read. Psychotherapist Dale Goldstein distills a lifetime of brilliant wisdom into a moving and loving manual for profound spiritual transformation. Read *Heartwork* and you will never be the same.” Kenneth Porter M.D. President of the Association for Spirituality and Psychotherapy

“*Heartwork* is a powerful invitation to readers to make fundamental personal change, pointing the direction, mapping the territory, and supporting the journey. Dale has gifted us with a beautiful synthesis of his personal experience, essential principles of psychotherapy, and a basic understanding of spiritual teachings.” Burt Giges M.D. President Elect of the Association for the Advancement of Applied Sport Psychology

“Dale’s work is innovative and groundbreaking. He combines mediation, therapy, bodywork, music, language, and more in a way that creates something new and fresh and healing.” Michael Hull, author of *Sun Dancing: Spiritual Journey on the Red Road*

“*Heartwork* is a manual for going deep into yourself and emerging transformed, an invaluable guidebook for self-discovery.” Donna Thomson, author of *The Vibrant Life: Simple Meditations to Use Your Energy Effectively*

“*Heartwork* shimmers with a sense of beauty and grace transmitted. Anyone willing to take this journey is sure to have some direct tastes of what all hearts truly seek.” Russ Hudson co-author, *The Wisdom of the Enneagram*



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## Author Bio

Dale Goldstein, LCSW

[www.AwakenTheHeart.org](http://www.AwakenTheHeart.org)

“Heartwork’s” founder, Dale Goldstein, feels that his real life began on his 24th birthday—when he realized that, up until that moment, he had been afraid to live. On that day Dale had what Abraham Maslow (the father of Humanistic Psychology) called a “peak experience.” For the first time since childhood, Dale felt fully alive. He remembers, “For a few days I was ecstatic. Feeling fully alive, I realized, was what I had been searching for, even though I hadn’t known before that I was searching for this experience.”

With this realization Dale knew that he wanted to live his life wholly and passionately alive. Thus began his search for a way to recapture and hold onto that experience. To distill truly powerful healing modalities, Dale has spent decade’s synthesizing eastern meditation techniques with psychological tools. Having experienced the full depth of his feelings, Dale is comfortable allowing people to go wherever they need to go emotionally. “I am not afraid of others’ deep feelings...often therapists and teachers distract a client or student from fully moving through a deep feeling because it is too uncomfortable for the therapist or teacher. This is a huge disservice to those they are trying to help because it deprives them of becoming whole in the place where they have split from themselves and experiencing their inherent freedom.”

In 1981, Dale coalesced his years of study, work, and personal practice into “Heartwork,” a gentle, deeply penetrating process that supports in individuals and organizations the growth and healing of the body/mind/spirit. Currently Dale Goldstein is a Clinical Social Worker and Licensed Psychotherapist. He is the co-founder and director of the Heartwork Institute, Inc. in Rochester, New York. In addition to having a full-time psychotherapy practice and facilitating workshops internationally, Dale consults with corporate business and not-for-profit organizations.

Dale has been blessed with two deeply intimate relationships in one lifetime. With his wife of 20 years, he co-created Heartwork and co-parented two grown children, Devan and Jessica, who continue to be a source of ongoing joy and pride. When his marriage came to an end, Dale grieved the loss so deeply that his friends told him he grew more from that experience than he did from the previous 30 years of work on himself. Now, with his partner of the last nine years, he continues to deepen and enrich his inner and outer journey.

Dale’s goal for readers of *Heartwork* is that they put into practice the tools they discover, and transform their life. Dale says, “People who do even a bit of Heartwork sincerely become more open emotionally, as well as spiritually, and change how they relate to themselves, and all within their Universe. They become more able to be respectful of others, to have sustained intimate relationships, and to succeed in all aspects of their lives.”

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Interview Questions for Dale Goldstein and *Heartwork: How to Get What You Really, REALLY Want*

1. Why did you write this book?
2. Please share with us one story about your background that will convince people to listen to you.
3. Explain what you mean by “Getting What You Really, REALLY Want.
4. What do you mean when you say you want “people to transform their life as a result of reading the book”?
5. What do you expect they will do with these changes?
6. Can you give us one example of how their relationships may change?
7. What is Heartwork, and how is it different from traditional psychotherapy and spiritual practices?
8. Why is deep work on both the psychological and the spiritual so necessary for us personally? For the planet?
9. Can you give us some examples of how you have combined this work into one system?
10. Who are your inspirational role models and why?
11. How do you use Heartwork in your daily life? Can you give us some examples?
12. What is the single most important thing we need to know about getting what we REALLY want?
13. What are the first steps I can take to begin getting what I really want?
14. Where can people purchase *Heartwork: How to Get What You Really, REALLY Want?*
15. What will people learn by visiting your website [www.AwakenTheHeart.org](http://www.AwakenTheHeart.org)

