

Where to start.  
What to do.  
And how to  
kick ass  
along  
the way.

# GET YOUR HEART ON

THE HOW-TO  
GUIDE

FOR PEOPLE WHO  
WANT TO MAKE  
A DIFFERENCE

gia  
Duke

Gia Duke

Get Your Heart On: The How-To Guide for People Who Want to Make a Difference. Where to Start. What to Do. And How to Kick Ass Along the Way.



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Want to make a life with an increase of meaning, purpose, and connection?), find the resources and the like-minded people you need to help launch your work, and pinpoint and overcome any obstacles that could be thrown your method. Wanting to dive into charity function but not sure how to begin? On these web pages, Duke will first demonstrate how exactly to hone your objective, then deliver useful, step-by-step suggestions on how best to make your providing-back again goals possible. On a objective to brighten the world through creating more love, compassion, and understanding, Gia Duke brings her down-to-earth, coffee-with-your-BFF design to every web page of this inspirational book. As a specialist life coach, loudspeaker, workshop and retreat head—and the creator of the Revolution Super Love movement—Duke knows a thing or two about the transformative power of providing. It's almost impossible to stay unaffected by Duke's powerful tales, infectious enthusiasm, and motivational communications that invite actions for those with a big heart. She knows from encounter that harnessing your energy, creativity, and like into causes that personally resonate with you can literally change your life, not forgetting the lives of the countless people you match and work with. A passionate humanitarian, she has founded a non-profit for foster youth, performed aid work in Africa, and proved helpful directly with animal rescue institutions. Whether you're just starting out in the overall game of giving back or you're already deep right into a philanthropy and wish to amp up your effect, GET YOUR Center ON™ is the next must-read. She'll educate you on how to seamlessly fit charitable pursuits into your life (no more excuses! Desire to produce a difference in the world and be part of something bigger than yourself? Filled with humor and compassion, GET YOUR HEART ON™ will established you off on an exciting route toward making a powerful and lasting effect on the world.



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Have what she's having! "I'll have what she's having. All that and what makes this book a genuine stand out for me personally is how much FUN it can be.. She actually is a phenomenon..It's so easy to feel overwhelmed and exhausted in this world and era." But instead than assuming they were just born lucky, I'm finding it useful to try to investigate and read between the lines and figure out why and how they're like this. to assume it's likely to end up being depleting or unpleasant or mammoth or something that requires us to muster the energy to be different than we are.), then I will pay verrrry close attention. Gia's enthusiasm is normally contagious - you will catch it! After reading this super fun, heart loving guidebook, I'm proud to say that I've taken the first rung on the ladder and filled out my program to become a CASA volunteer. That's what I am obtaining to be the gift here. We often look at phenomenal people like that, what they're doing, and the life span they have and say "well that's possible for THEM to say/do/be that... to possess one particular notion of what "giving back" or "service" appears like. That's how Get Your Heart On was for me personally. How about "I don't possess enough time" or "I'm not a multimillionaire? When among these phenoms writes a book detailing Just what they're having, and they have the ability to do so within their natural voice as Gia will here (yes, this is exactly how she talks and acts!.. This was exactly what I had a need to motivate myself to take the first methods into making a difference..I hope you read it too.! Get Your Cardiovascular On is one of the most inspiring books I have ever read. The fact that you're also going to be making the world an improved place is a bonus. This book is a life changer! I really like how Gia speaks to us honestly and genuinely. The authors energy and enthusiasm and are authentic and infectious!. Her openness in posting her own struggles (such as for example her mother's dementia) and regional activism (starting a nonprofit for foster youth, fund increasing for an animal shelter, along with global (traveling to Africa to meet other kick-ass females who were changing their community for the better) was inspiring. "Get Your Heart on reads as if you are going to with Gia over espresso. I enjoyed every page, and I have been propelled toward my dreams, and my goals to make a difference, after scanning this publication. There are actions, and action steps throughout the entire book which make it easy to simply take that first step (and then go off running from there). Life needs more difference makers, and change champions, which book provides out all your do-good spirit in a fun and energetic way which makes your big dreams extremely achievable. I'm so grateful that I read this when I did so, and I understand that it will make a difference in anyone's life, if you let it. All that in an readable and hard to place down format. HIGHLY recommended! Thank you, thank you, thank you. Good "Medicine"! I also like that the cover contains how to Kick Ass! Gia Duke is a shot of good medication for anyone who wants to change their existence for the better but isn't sure the place to start. Reading Obtain Your Heart On was energizing, touching, and (hallelujah) hilarious. I felt like Gia was an excellent friend cheering me on, while actually offering concrete suggestions about staying positive and continue and, sometimes, getting out of my own way. Her "f\*\*\* it bucket" exercise made me loud aloud but was also a thing that stayed with me, something I could in fact visualize and incorporate into my day-to-day self-talk. We especially enjoyed the meaningful anecdotes she offered, from both popular activists and real life people she's been inspired by. Also, unlike some life instructors I've encountered, Gia appears to not merely talk the talk, but walk the walk. It is written in a fun, quirky way, which makes you are feeling like you're having a discussion with Gia, the writer. This guide is not preachy; it's invigorating. Less like likely to the dentist and more like obtaining a hot stone therapeutic massage. The exercises in the publication really helped me pinpoint what I'm most passionate about - and put me in relation to taking meaningful action toward building a difference in my own community. Shortly we'll all have our

very own f-it buckets, adhere to the 80/20 rule, and take baby actions (which can make sense after you read this)! A joyful one. Revolution Super Love is here! "The only factor that may hold you back or move you forwards is yourself. I purchased this book on the suggestion of a pal. :) The thing that sticks out most about the book is that you can read it all the way through in couple of hours - and then come back any moment and open it up to almost any web page for quick burst of motivation - or an instant of thought-provoking reflection. Appropriate for older teenagers all the way up through exhausted parents, those battling mid-lifestyle crisis, and empty nesters. You understand when something simply clicks with you, and you really just "get it?" Do those phrases resonate with you? :) A super fun, loving publication to all who are seeking how to make a notable difference. Karen Euse This book is inspiring and a bucket of fun to read! I've had several ideas but never really put them into movement. But what she shows here changed my concepts of all that...until I go through Get Your Heart On. Not merely carry out we learn Gia's secret sauce right in advance (compassion and DOING SOMETHING about any of it) but, because it's written in her normal voice, we learn a great deal of practical tiny details. to think we aren't like Gia! MANY THANKS Gia! This is such a fun reserve to read, I really like all of the graphics, personal stories and I actually felt like we were talking personally over a sit down elsewhere. I'm giving this book as presents to my college nephews who also wish to make the world a better place. Get Your Center On is just what this world needs..perfect instruction for our following generation! As a trauma psychologist, I know how often people can get so mired within their own pasts and so anxious about their futures, that they remain hopelessly 'stuck' in the present. because it's the best thing to do. I've always had a feeling that We wanted to produce a difference; Simply for your own pleasure. It is full of Ideas, interest and useful step-by-step instructions on how best to have that positive impact you are dreaming of. Gia did a superb job breaking it all down, and offering me that force that I had a need to get began and keep up the momentum. The tales alone are well worth the price of admission. There are true tales of how others possess succeeded to produce a difference in little and large methods. The author shares her personal vulnerable journey giving the reader an internal view on exactly what it takes to follow your heart. She titles the frustration and street blocks and self-treatment needed on the way, as well as what makes following your center and making something great happen worthwhile." That's why I wanted to read this book and why I paid close attention when I read it. It isn't just a reserve to read but one to have nearby to get and get a spark of light and appreciate with what and images that just pop off the page. Read It! Therefore Fun. You won't disappoint. Fun read with an ideal mix of motivation and practical advice!...It's not just about me. It's about we. I'd want to hear her speak or attend a workshop to observe what she's about!." No matter who you are or where you are in existence Gia finds a method to connect. Her publication includes helpful equipment and ideas to get you shifting toward your goals to make a difference in the lives of others. Gia's sparkling character shines through in this authentic and witty how-to guide for people who want to provide meaning with their lives and to the lives of others. In case you are stuck in a rut and need inspiration this is actually the book for you personally. That's what I did with this reserve, and I'm glad. Love this book! A must go through! I really like it! 5 billion celebrities! Her analogies and anecdotes remind us of what's truly our heart work and how exactly we can easily see it through. Prioritize, soul search, care for on your own . Gia Duke has an ultra aliveness about her — she is sparkly, earthy, energetic, sizzling, kind, extreme, light, playful, ferocious, devoted to the heart, and significantly badass all at one time.. then get your ass in gear (but don't worry she's got your back every step of the way). Inspiring, funny, and amusing! A great motivational guide for those who want to help make the world an improved

place and be a good example of positivity within their community. PS Don't miss out on the downloadable workbook! Believe me: you certainly want some of what Gia's having. An instant, entertaining read packed with support and motivation! Wonderful book to help you see the important things in living. Motivational, Entertaining, and Resourceful! And by the end of the book, you really experience like she's your very best friend, life coach, mentor, and role model all in a single. Her voice comes across so obviously in her writing. Done well Gia. I was motivated, entertained, and educated of creative ways to change lives." Amy Horan, elementary school teacher I felt like I had my own personal life trainer!. It takes the mystery out of how to do good in the world based on what you are passionate about. I sensed like Gia was in the area with me cheering me on and making me find that I could do this. Her encouraging and warm composing made me want to start out taking steps today. I'll retain this book and show everyone they need to read it to get going!



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