



Unbinding the Heart: A Dose of Greek Wisdom, Generosity, and Unconditional Love

Agapi Stassinopoulos

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In *Unbinding the Heart*, author, speaker, and *Huffington Post* regular Agapi Stassinopoulos invites readers on an inspiring journey of inner exploration to reconnect with their true selves.

Born in Greece, a country that celebrates life, Agapi learned the essential truths of happiness through the examples of wisdom, caring, playfulness, and generosity she saw all around her, starting with her own mother. She came to realize that everyone is born with an open heart, but that we quickly learn to put conditions on our happiness—comparing ourselves to others, casting judgment, doubting ourselves, allowing fear or entitlement or self-righteousness to take hold—and slowly our hearts begin to close. We isolate ourselves, feeling alone, disconnected, and unheard; and in doing so we immobilize our spirit, stifle our authentic expression, and cut off our joy.

As she went on, Agapi, like so many of us, came under the soul-constricting influences of the larger world. In her struggle to find her place and her voice, trying to balance the acting career she dreamed of with the spiritual life she longed for, she discovered a path that was uniquely hers. *Unbinding the Heart* shows how she found her way home to herself.

In 32 personal, heartfelt stories full of insight and humor, Agapi takes us from her mother's bountiful kitchen, where the seeds of fearless living were planted, to the London classical stage, to an epiphany on a New York City bus—and inspires readers with the confidence to let go of the beliefs that bind them and come to a deeper understanding of life and love.

Unbinding the Heart: A Dose of Greek Wisdom, Generosity, and Unconditional Love Details

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Author : Agapi Stassinopoulos

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Marsh06 says

A series of short stories, each with its own message to share. I highlighted lots of passages that provide great insights on how to live life in the moment. I had the pleasure of listening to Agapi in person. What a beautiful, outgoing lady

Jennifer says

Yeah so either I'm super cynical, or just not into self-help books, or both, but I found the author's voice SUPER ANNOYING!! I thought it'd be this great book with uplifting advice, quotes and yummy Greek recipes thrown in. I've spent some time in Greece, and it's one of my favorite places. A place to relax, learn and eat, but I felt the author(based in the US) skimmed over difficult processes and tied up loose ends too easily. Glad I read it, but don't know how much of the advice I'll take into my daily life.

Paige says

“Unbinding the Heart” was a mix of getting to know about Agapi Stassinopoulos and compelling ways to overcome life’s challenges. This book has many of Agapi’s experiences told in such a way that it inspires and motivates the reader to foster a better understanding of what life is all about.

Beautifully written, this book is one that reads fast and is hard to put down. The reader will enjoy traveling with the author from Greece, London, California, and New York as Agapi goes through her life lessons. The book evokes many levels of emotion from happiness to forgiveness and all in between. Connecting with the author in many of the situations that occurs makes this book great for anyone to check out. There is a message for all within this read.

This book shares many memories and experiences with Agapi’s mother, Elli. Throughout the book you see how Elli’s loving nature and complete support of her daughters helped shape them into the beautiful women they are today.

Arminda Lindsay says

In a beautifully subtle way, Agapi teaches without teaching, as she shares stories and memories of her Greek upbringing and how the lessons her mother so gorgeously lived impacted and informed the way she now interprets the world around her.

I listened to the audio version read by Agapi and it's beautiful to hear the stories with the author's own

inflections.

Fiona Tuite says

Reading this is like having a hot chocolate with your best friend. She is such a gorgeous story teller, and beautifully authentic. I didn't want this book to end. I feel like I have a new friend, and when I meet her one day I know I'll hug her inappropriately and she will love it. Enjoy this truly fabulous book.

Alexis says

A lovely read, at just the right time. "Unbinding the Heart" is the perfect mix of memoir and life lessons.

Agapi Stassinopoulos is the younger sister of Arianna Huffington. I saw Agapi speak in June 2013, and she is a fabulous, dynamic speaker. Through this book, she offers insight into her life and the lessons learned along the way. Her mother is present in every chapter, and it sounds like she was a truly remarkable woman. Very grateful to have received a copy of this book at S.H.E. Summit.

Sharon says

It is very seldom that I read a book and think "Everyone I know would both enjoy and benefit from this work." Agapi Stassinopoulos' "Unbinding the Heart" is just such a book.

Stassinopoulos shares 32 short stories and one poem in this book, which is actually a memoir of sorts. She talks about a number of life lessons she learned from her Greek family (in particular her mother) and, along the way, shares ideas about reconnecting with one's true self. So many people have found that their true desires have been subsumed by familial or societal expectations that they are put on the shelf. Stassinopoulos shares simple ways to change that (while still earning a living, of course).

I found the stories thought-provoking and well-written. There were times that I laughed and yes, times that I cried or came very close to doing so. Reading Stassinopoulos' book felt like having a conversation with a wise friend.

Highly recommended.

Tonya says

One sitting, 2 hours total. Done. Agapi has a way with words, that makes you say that's me, that's me. You will love her story, her mom's words of wisdom will stay with you forever. Unbinding your heart, what does that mean? Read this book, you will be touched forever.

"Take care of your capital" --- so many other brilliant words of wisdom in this book. What an excellent gift for all the women in your life.

Make sure you go online and check out Agapi's website, thesevengoddesses.com --

Fantastically brilliant!

yoli says

I got this at a women's conference and thought for sure it would be a flip through and donate--but then somewhere around the middle it took a turn for the (somewhat) profound. Or, given the amount of time it took me to read this, she just happened to catch me at a less cynical time.

Her book is a series of short parables, taken from her own life, with maxims either directly in the chapter title or at the end. Sometimes they're in both places. The beginning is more autobiographical, and when you approach it that way it lets you strip away your skepticism and enjoy the beauty of her story.

Stassinopoulos has a talent for making the mundane dramatic and tying the events in her already remarkable life to the cosmic. I'm not saying I'm going to move to another continent and feel emotions down to my soul. Yet, she makes these things seem like part of the richest, most vibrant tapestry of life which we too could experience.

Sure, her life and mine are WILDLY different, but the biggest takeaway for me is really the power of her storytelling. Stassinopoulos connects all of her experiences and clearly demonstrates their power. I'm a little less sold on her attempts to tell me I can achieve the same in my life.

Kristen says

This is a lovely compilation of life lessons shared in the form of charming short stories from the author's life. It's a nice mix of memoir, insight, and inspiration with a handful of Greek goddesses sprinkled on top.

Donna says

What a wonderful, thought provoking book. I completely enjoyed this novel. As other readers have expressed, I couldn't put it down. I lost myself while reading.

Unbinding the Heart is a perfect title. We could all use a little unbinding at times.

This is the book you should give to friends as a gift. Everyone has stress in their lives, especially with today's economy and problems. We can all learn from Agapi's words and experiences.

Be good to yourself, while getting this for friends, don't forget to get a copy for yourself. Sit down with a cup of tea and read the Greek wisdom within these pages!

Even if you are not a fan of 'spiritual/self help' books, you WILL enjoy this book and take something away with you.

Deborah says

A beautifully written book about her life, and living more fully. I found her descriptions of her mother and father's relationship, her love for them, and her experiences when they died, deeply moving. But there's also many, many more riches here. I was halfway through the book when I realised Arianna Huffington is her sister. They are both excellent writers.

Erin says

Finally finished. She doesn't break any ground, but she does have some good reminders here and there. The problem is she's so enamored of herself and her wisdom and she has such an insatiable need for attention that you're tired just reading about her; she must be exhausting to be around.

Ravi says

Wow .. This book is like a warm hug. It inspires you, moves you makes you think and mostly makes you feel like you want to live. Agapi shares her stories that is somewhat connects with all of us in someway or another. This book will make you want to love yourself and people around you. It is a great book.

It is such well written book that i cam up to a point that i never wanted it to end.

Vicki says

If I could give more than 5 stars I would. This book is life changing!
