



Heart Talk: Poetic Wisdom for a Better Life

Cleo Wade

[Download now](#)

[Read Online](#) 

Heart Talk: Poetic Wisdom for a Better Life

Cleo Wade

Heart Talk: Poetic Wisdom for a Better Life Cleo Wade

A beautifully illustrated book from Cleo Wade—the artist, poet, and speaker who has been called “the Millennial Oprah” by *New York Magazine*—that offers creative inspiration and life lessons through poetry, mantras, and affirmations, perfect for fans of the bestseller *Milk & Honey*.

True to her hugely popular Instagram account, Cleo Wade brings her moving life lessons to *Heart Talk*, an inspiring, accessible, and spiritual book of wisdom for the new generation. Featuring over one hundred and twenty of Cleo’s original poems, mantras, and affirmations, including fan favorites and never before seen ones, this book is a daily pep talk to keep you feeling empowered and motivated.

With relatable, practical, and digestible advice, including “Hearts break. That’s how the magic gets in,” and “Baby, you are the strongest flower that ever grew, remember that when the weather changes,” this is a portable, replenishing pause for your daily life.

Keep *Heart Talk* by your bedside table or in your bag for an empowering boost of spiritual adrenaline that can help you discover and unlock what is blocking you from thriving emotionally and spiritually.

Heart Talk: Poetic Wisdom for a Better Life Details

Date : Published March 6th 2018 by Atria / 37 INK

ISBN : 9781501177347

Author : Cleo Wade

Format : Paperback 224 pages

Genre : Poetry, Nonfiction, Self Help

 [Download Heart Talk: Poetic Wisdom for a Better Life ...pdf](#)

 [Read Online Heart Talk: Poetic Wisdom for a Better Life ...pdf](#)

Download and Read Free Online Heart Talk: Poetic Wisdom for a Better Life Cleo Wade

From Reader Review Heart Talk: Poetic Wisdom for a Better Life for online ebook

Christine Gaza says

I mean, I read the book in a hot minute, but it sounded like Chicken Soup for the Teenage Soul, which was really cool when I was like 12. Not impressed.

Valerie says

As is the case with her social media presence, Cleo Wade brings words together to create an oasis for those in need with *Heart Talk*. If you're familiar with her already, I'm sure what's shared here will be in line with what you're expecting. From my perspective, her main focus here was encouraging readers to understand the change that can come with a change in mindset, the importance of establishing a relationship with self, and how that pours into everything else.

It's a quick, enjoyable read. I jotted down several excerpts to share with those in my life and keep for myself in those moments where a visual reminder can help.

Nadia Awadi says

Recomended for anyone who deals with anxiety and self-hatred. RTC.

Jessica says

It took me a while to get through this book, it's not one to pick up and devour quickly. There are some interesting pieces throughout and it does speak to the heart at points. I felt like there was a lot in it but that also makes it harder to remember some of the points off by heart. The overarching themes are poignant but I'll have to reread to remind myself of the lessons learnt.

Michelle says

Cleo Wade has been heralded as the "*Oprah for the millenial generation*".

This social media maven puts forth a platform of self love and being a positive influence for others. Heart Talk contains life-affirming poems, personalized annotations by the author along with positive self-speak.

While I find that this book would certainly be well received by younger generations, as someone who has read a lot of personal growth books it seems as if I have heard this all before:

* self-love ~ Iyanla Vanzant

* accepting failure as part of success ~ John Maxwell

* being a positive muse and the universe will reward you with positive things ~ Rhonda Byrne

Although it may seem redundant, books like Heart Talk do serve a greater purpose. You never know which book "speaks" to someone in need. My favorite part of the book was Wade's original poetry.

While looking up Ms. Wade I came across this Ted Talk that you might enjoy.
https://ted.com/talks/cleo_wade_want_...

Cheri says

2.5 Stars

3.5 Stars for Middle Grades / YA

Reading this, I would think this was aimed at age 10-13 year old girls, young enough (perhaps) to still be impressed by these words. Simple thoughts, simple advice that to someone young and struggling would sound profound.

I don't know anything about the author, but I suspect she has a following of people who like to post feel-good messages around their rooms, their home, their office. And, honestly, there's nothing wrong with that. It's good to be reminded of thoughts that speak to our heart and soul.

My thoughts on giving this to a young woman or young man on the verge of or just entering their teen years is that these might be good message for them to hear from someone other than their parents, and probably appreciated by a decent percentage. Whether or not I would buy this for someone in that age group would depend on how mature they were, or that they thought they were.

Cleo Wade's purpose in this is fairly clear. Her goal is to have the reader feel worthy, loved, needed through phrases and snippets of poetically phrased language sharing such thoughts abound.

"The only way we can make the most of our lives is to make the most of our moments."

In her dedication, Wade says: ***"This is dedicated to every human being who looks different, feels different, and thinks differently. I see you. I feel you. I am you. Stay different. Our world needs the difference we will make."***

She's right. Everyone needs to feel heard, to feel loved, to know that each and every one of us is unique, and that is part of what makes each and every one of us special. It certainly doesn't hurt to hear it from another source, but in this case it fell a bit too much on the catch-phrase side for me. For me. Not you, at least not necessarily.

Pub Date: 06 Mar 2018

Many thanks for the ARC provided by Atria Books

Emily O'Brien Miranda says

A quick, uplifting, soul-filling read

Vanessa says

This was a really cute book that was given to me by one of my closest friend, Sarah. Thank you ♥?

I'm rating it 3 stars cause It was repetitive, I don't recommend reading this book in one go. Take your time with this book. Read a random page once a day.

I'll definitely be reading this again when I need some motivation or inspiration.

Colleen Fauchelle says

I was reading a book that was leading me down a rong path so I layed it aside and decided to ignore everything else and read this book and I am glad I did.

Heart Talk is a small square book that gives a lot of food for thought. Its a good book for jourling prompts, to take a deeper look at self but it is done in such a gentle way. At no stage did I feel the need to chuck the book across the room, yes I have done that to the odd self help book. This is a very kind book. Each person who reads this will get something different out of it and everytime I read it I will get something different out of it. Its not a Christian book but you can allow God to speak to you through it and that is the way I read it. I wish I had this when I had so much self hatred and when I was angry and lost. It talks about self love and self acceptance and how that moves on to thoes around us. I will be reading this again.

"To be unique is to be a living thing" pg 47

"Lean into the tough stuff growth is not always comfortable. This is why we call them growing pains not growing pleasures." pg 172

Sjournee says

I found this book to be the start of something to go further, it's direct and clearly articulated. Often self-help books are considered corny, which I typically would agree, Cleo Wade however is aware of this as she describes it being a hard line to walk - but necessary. Although simple, I feel that the simple gestures are the ones I needed a reminder of which this book achieves- especially with poetry. I give it a five, because I can see where this book could go if it went deeper into the harsh talk that we sometimes experience in our everyday and current atmosphere. Consider this book a discussion with your auntie full of mantras and poetry - the kind you didn't know you needed till ya heard it.

Lily ?? says

⇒ 2 1/2 stars

“You are in charge of how much space a thought takes up in your life.”

Blog | Bloglovin' | Tumblr | Instagram

Lara Maynard says

200 plus pages of repetitive “love yourself” platitudes which could have been reduced to a line of half a dozen “inspirational” greeting cards. Some of this spiritual-ish wisdom-y stuff might have appealed to tweenage me. Grown up me finds it not very deep, not very poetic, not very original, very not for me.

Writing this on the eve of Valentine’s Day, I wish I could show Heart Talk more love, but [insert a platitude about honesty here].

I read an ARC courtesy of Simon & Schuster Canada. Thanks.

Giulia says

Unpopular Opinion Time ???

A rather repetitive collection of poetry.

After a while the self-love message - for as much as it is important and vital - got repetitive.

I personally also thought that it was a bit preachy and I was not a fan :/

Favourite Poem:

Be kind.

It shakes the world.

Siqahiqa says

I loved this book so much! Repeat reading all the poems and prose. So beautiful, meaningful, and positive heart talk about self-love and life ♥?♥?

Malanie says

It's difficult to review something in the self-help or poetry category, because they're usually written 1) extremely intimately and 2) are probably helpful to many people, even if I don't agree with them.

I usually feel like, with these, if you don't have something nice to say don't say anything at all (and it's so rare I follow that rule). But I legitimately liked Heart Talk. It's one of the rare, direct advice-giving novels that are NICE to read. It helps that I really admire Cleo the person, the artist from Instagram @cleowade, who actually loves and tolerates other people. Exhibit A, Heart Talk is dedicated to every human who looks, feels, and thinks differently. She tells us to stay different ♥

(Which means just because you see something on Pinterest, or from a person hating on your OTP, or even if something's a trendy belief, it doesn't mean you are wrong for feeling differently. We have to think for ourselves (something I'm focusing on in 2018.) GRACIAS CLEO.)

IN SHORT, she is a good person.

I love her emphasis on the fact that self-care=self-love. For me, it's about accepting who you are, which is taking care of yourself.

Her poetry is warm. It's like putting your hands over the toaster when it's been toasting awhile.

Her advice on repetitive thoughts, how we can't let them affect our reality.

Her emphasis on respect in relationships ♥ Which is the key to closeness.

How the book transitions between paragraphs of wisdom, poetry, and art.

DO NOT IGNORE YOUR INTUITION. SAY IT LOUDER FOR THE PEOPLE IN THE BACK CLEO.

Validation from the outside world is a pile of ridiculous. You should focus on the intuitive goodness that you are.

We have to leave room for other people's realities. We are not supposed to all agree on everything. I love how she says tolerance is how we keep each other safe. ♥

Even though there are some good life tips, I feel like I've read them all before. From 1000 other people. A large portion of the book feels like Pinterest advice. For example, living in the moment & gratitude.

At one point, she mentioned that you can't be there for others if you're not there for yourself. It wasn't a major mention, but it exists somewhere. I ignore this overly-popular advice because some people are bad at taking care of themselves. There are tons of possible reasons. That doesn't mean they aren't amazing and there for other people. I don't like morals that devalue someone's ability to love beautifully; and telling someone they can't take care of others in the state that they're in does that. **YOU CAN LOVE OTHERS EVEN IF YOU DON'T LOVE YOURSELF.** Sometimes in loving others, you come closer to having self-acceptance/inherent self-worth. Just an idea. It's like the idea of romantic detachment...it's not the only way to love someone. Sorry pop psychology. Cleo says herself at one point that we all have different realities. ? **JUST BE YOURSELF OR WHO YOU WANT TO BE.** Which I'm sure is the essence of what she was trying to say.

Just so, she says you are your first love. One, I think that's not always true and that's fine. Two, it's OK to love someone more than yourself, to have a number one person who isn't you. Maybe it's your child, or your brother, or your spouse. If you feel that way, I think you should accept your authentic feelings and be loyal to how you feel.

NOTICE, all my negative feedback is based on not agreeing with Cleo at some points. Other people might agree with these & the book is perfect for them.

Overall, Heart Talk is a sweet little book, one I think should be given a try ? It only took about an hour to read, so you may as well.