

tell it to my heart

tell it to my heart is a phrase that resonates deeply with anyone who has ever experienced the powerful emotions of love, longing, or the need for honest communication. Whether as a lyric from a popular song, a heartfelt plea, or a metaphor for vulnerability, this expression encapsulates the universal desire to express one's true feelings. In this comprehensive guide, we will explore the origins of "tell it to my heart," its cultural significance, its use in music and media, and how to effectively communicate your feelings to foster genuine connections.

Understanding the Phrase "Tell It to My Heart"

The Literal Meaning and Emotional Significance

The phrase "tell it to my heart" suggests a direct appeal to one's innermost feelings. It implies that words spoken outwardly might not fully capture the depth of emotion residing inside. When someone says "tell it to my heart," they are often requesting honesty, reassurance, or understanding at the most emotional level.

Key aspects include:

- Expressing vulnerability
- Seeking emotional validation
- Encouraging open and heartfelt communication
- Admitting feelings that are difficult to articulate

Historical and Cultural Context

While the phrase itself became widely recognized through popular media, it has deeper roots in poetic and musical expressions of love. It's a poetic way of emphasizing that words should resonate on a personal, emotional plane rather than just superficial conversation.

Some notable moments:

1. Use in classic love poetry and literature
2. Recurrent theme in romantic songs and ballads
3. Phrase adopted by artists and performers to evoke emotional sincerity

The Popular Song “Tell It to My Heart” by Taylor Dayne

Background and Release

“Tell It to My Heart” is a dance-pop hit by American singer Taylor Dayne, released in 1987. It quickly became a chart-topping success and remains an iconic track from the late 80s.

Key facts:

- Released as her debut single
- Reached number 1 on Billboard Hot 100
- Known for its energetic beats and heartfelt lyrics

Lyrical Themes and Impact

The lyrics of Taylor Dayne’s “Tell It to My Heart” focus on the urgency of love and the desire for honest communication. The song’s chorus emphasizes the plea for genuine connection:

*Tell it to my heart / Tell me I’m the only / Tell it to my heart /
I can’t be wrong*

This song became an anthem for many, symbolizing the need to be heard and understood in matters of love.

Interpreting “Tell It to My Heart” in Modern Context

As a Metaphor for Emotional Expression

In contemporary language, “tell it to my heart” can be used to:

- Encourage someone to be truthful about their feelings
- Express one’s own desire to be understood at a deeper level

- Highlight the importance of emotional honesty over superficial interactions

In Personal Relationships

Effective communication is vital for healthy relationships. Using this phrase or its underlying sentiment can help:

1. Break down barriers of silence and miscommunication
2. Create a safe space for vulnerability
3. Build trust through honest dialogue

Strategies for Communicating “Tell It to My Heart” Effectively

Express Your Feelings Clearly and Honestly

To foster genuine connection, consider these tips:

- Be open about your emotions, even if they feel uncomfortable
- Use “I” statements to avoid blame (e.g., “I feel...”)
- Share your needs and desires openly

Active Listening and Empathy

Effective communication is two-way. When encouraging others to “tell it to your heart,” remember:

1. Listen without interrupting or judging
2. Show understanding through body language and verbal affirmations
3. Reflect back what you hear to ensure clarity

Creating a Safe Environment for Emotional Sharing

People are more likely to open up when they feel safe. To promote this:

- Be patient and non-judgmental
- Maintain confidentiality and trust
- Express appreciation for honesty and vulnerability

Incorporating “Tell It to My Heart” Into Your Life

For Personal Growth and Self-Expression

Understanding and expressing your feelings is a cornerstone of emotional intelligence. Ways to incorporate this include:

1. Journaling your thoughts and feelings
2. Practicing mindfulness to connect with your inner emotions
3. Using affirmations that emphasize honesty and self-awareness

In Arts, Music, and Media

Artists and creators often use “tell it to my heart” as inspiration for works that evoke authentic emotion. You can:

- Create your own music or poetry expressing your feelings
- Use the phrase in your creative projects to symbolize sincerity
- Share stories or experiences that highlight emotional truths

Conclusion

The phrase **tell it to my heart** embodies a universal desire for authentic, heartfelt communication. Whether expressed through music, poetry, or everyday conversations, it underscores the importance of vulnerability and honesty in building meaningful relationships. By understanding its origins, cultural

significance, and practical applications, you can better navigate your emotional landscape and foster connections rooted in truth and empathy. Embrace the spirit of telling it to your heart, and encourage others to do the same—because genuine connection begins with honesty.

Frequently Asked Questions

What is the song 'Tell It to My Heart' about?

The song 'Tell It to My Heart' is about expressing love and longing, emphasizing a desire for honest communication and emotional connection in a romantic relationship.

Who performed the hit song 'Tell It to My Heart'?

The song 'Tell It to My Heart' was performed by American singer Taylor Dayne and was released in 1987.

Did 'Tell It to My Heart' achieve chart success?

Yes, 'Tell It to My Heart' reached the top 10 on various charts, including peaking at number 3 on the Billboard Hot 100 in the United States.

Has 'Tell It to My Heart' been covered or remixed recently?

Yes, over the years, various artists have covered or remixed 'Tell It to My Heart,' keeping the song relevant in dance and pop music circles, especially in 2020s remixes.

What genre does 'Tell It to My Heart' belong to?

'Tell It to My Heart' is primarily classified as dance-pop and freestyle, with upbeat melodies and synth-driven production.

Is 'Tell It to My Heart' featured in any movies or TV shows?

While not prominently featured in major movies, the song has appeared in various 80s-themed compilations and nostalgic TV programs.

What inspired Taylor Dayne to record 'Tell It to My Heart'?

Taylor Dayne was inspired by the song's energetic and emotional vibe, aiming to create an empowering dance anthem that resonated with audiences.

Are there any notable awards or recognitions for 'Tell It to My Heart'?

While the song didn't win major awards, it is considered a classic 80s hit and has been recognized for its influence on dance and pop music.

Where can I listen to 'Tell It to My Heart' today?

You can listen to 'Tell It to My Heart' on popular streaming platforms like Spotify, Apple Music, YouTube, and Amazon Music.

What is the legacy of 'Tell It to My Heart' today?

The song remains an iconic 80s dance anthem, frequently featured in nostalgia playlists, dance parties, and pop culture references celebrating the era's music.

Additional Resources

Tell It to My Heart: An In-Depth Exploration of a 1980s Pop Classic

Introduction

In the kaleidoscope of 1980s pop music, certain songs stand out not only for their catchy melodies but also for their cultural impact and the stories behind their creation. Among these, "Tell It to My Heart" by Taylor Dayne occupies a special place. Released in 1987, the song became an instant hit, propelling Dayne into stardom and leaving a lasting imprint on the dance-pop genre. This article delves into the origins, musical composition, cultural significance, and legacy of "Tell It to My Heart," offering a comprehensive analysis for music enthusiasts and casual listeners alike.

Origins and Background

The Artist: Taylor Dayne

Born Leslie Wunderman in Brooklyn, New York, Taylor Dayne emerged from a background rich in musical influences. Before her solo success, she honed her vocal skills in musical theater and performed as a backup singer. Her powerful voice and commanding stage presence set her apart in the competitive pop landscape of the 1980s.

The Song's Creation

"Tell It to My Heart" was written by Seth Swirsky and Tina Harrod. The duo

crafted a song that combined upbeat dance rhythms with emotionally resonant lyrics—a formula that proved highly effective in the late '80s pop scene. The production was handled by Full Force, a production team renowned for their work with artists like Lisa Lisa & Cult Jam and UTF0, known for their infectious beats and polished sound.

The recording process took place in New York City, capturing the vibrant energy of the city that would influence the song's dynamic sound. The track was initially conceived as a dance anthem with a universal message about love and vulnerability, themes that resonated with the youth of the era.

Musical Composition and Style

Genre and Tempo

"Tell It to My Heart" is primarily a dance-pop and freestyle track, characterized by its uptempo beat, synthesizer melodies, and danceable groove. The song's Tempo is approximately 120 beats per minute, making it ideal for club play and radio rotation.

Vocal Performance

Taylor Dayne's vocal delivery is a central element of the song's appeal. Her powerful, soulful voice conveys both the assertiveness and vulnerability embedded in the lyrics. Her dynamic range and emotive singing elevate the track beyond typical pop fare, giving it a sense of sincerity and urgency.

Instrumentation and Production

The production features a layered arrangement of synthesizers, drum machines, and basslines typical of late 1980s dance music. Notable elements include:

- Bright synthesizer hooks that create an uplifting atmosphere.
- An infectious bassline that underpins the rhythm.
- Electronic drums that provide a steady pulse.
- Minimal guitar use, emphasizing electronic textures.

The production style aligns with the emerging freestyle and dance-pop trends of the late 1980s, blending synthetic sounds with heartfelt lyrics to appeal to both club audiences and mainstream radio listeners.

Lyrical Themes and Message

The Core Message

The lyrics of "Tell It to My Heart" revolve around themes of love, honesty, and emotional openness. The singer is urging her lover—or perhaps herself—to

be truthful and direct about her feelings, emphasizing the importance of sincerity in relationships.

Key lyrical excerpts include:

- "Tell it to my heart / Tell me I'm the only one."
- "Tell it to my heart / I can't be mistaken."

These lines showcase a desire for clarity and affirmation, reflecting a universal longing for genuine connection amidst the often superficial veneer of 1980s pop culture.

Emotional Resonance

The song balances upbeat energy with emotional depth. While it's a dance track suited for clubs, the lyrics reveal an underlying vulnerability—the need for honesty and trust. This duality contributes to its enduring appeal, as listeners can connect both on the dance floor and emotionally.

Commercial Performance and Reception

Chart Success

"Tell It to My Heart" was a commercial juggernaut, achieving significant chart success across multiple countries:

- United States: Reached 7 on the Billboard Hot 100 chart.
- Canada: Peaked at 4.
- United Kingdom: Reached 4 on the UK Singles Chart.
- Australia: Entered the top 10.

Its high rotation on radio stations and clubs helped cement its status as an '80s classic.

Critical Response

Initially, critics praised the song for its catchy hook and Taylor Dayne's vocal prowess. Some commentators highlighted its dancefloor appeal, while others appreciated the emotional honesty embedded in the lyrics. Over time, "Tell It to My Heart" has been recognized as one of the quintessential examples of 1980s dance-pop, often featured in retro playlists and compilations.

Cultural Impact and Legacy

Influence on Pop and Dance Music

"Tell It to My Heart" played a vital role in popularizing a fusion of dance

music with soulful vocal delivery—an approach that became increasingly prevalent in late '80s and early '90s pop. Its success helped pave the way for other artists blending electronic dance elements with emotive storytelling.

Role in Taylor Dayne's Career

The song served as Taylor Dayne's breakout hit, establishing her as a prominent figure in the pop and dance music scenes. It set the tone for her subsequent hits, including "Prove Your Love" and "Love Will Lead You Back," which further showcased her vocal talent and ability to merge danceability with emotional depth.

Presence in Media and Popular Culture

Over the decades, "Tell It to My Heart" has been featured in numerous movies, television shows, and commercials, often invoked to evoke the vibrant, energetic spirit of the 1980s. Its recognizable hook and upbeat tempo make it a staple in nostalgia-driven media.

Cover Versions and Remixes

Notable Cover Versions

While the original remains the definitive version, artists across genres have paid homage through covers and reinterpretations. Notable examples include:

- A 2010s club remix by contemporary DJs that reimagined the track with modern electronic production.
- Acoustic renditions emphasizing the song's melodic strength.

Remixes and Extended Versions

The original single was released with various remixes aimed at club DJs:

- Extended dance mixes that amplified the beat and added new instrumental layers.
- Radio edits that maintained the song's core while shortening length for airplay.

These remixes helped sustain the song's popularity in dance venues well into the late 1980s and beyond.

Critical Reassessment and Enduring Appeal

Despite being rooted in the '80s sound, "Tell It to My Heart" has maintained a timeless quality due to its infectious melody, energetic production, and

universal themes. Critics and fans often cite it as a quintessential dance-pop anthem that captures the essence of its era—bold, vibrant, and emotionally resonant.

Modern audiences rediscover the track through nostalgia festivals, streaming playlists, and cover performances, attesting to its lasting influence.

Conclusion

"Tell It to My Heart" exemplifies the synthesis of compelling songwriting, powerful vocal delivery, and innovative production that defined much of 1980s pop music. Its success underscores the era's fascination with danceable beats paired with emotionally honest lyrics, a combination that continues to resonate with listeners today. As both a cultural artifact and a musical milestone, the song remains a testament to Taylor Dayne's talent and the enduring appeal of well-crafted pop anthems.

Whether appreciated as a nostalgic relic or a vibrant dancefloor staple, "Tell It to My Heart" endures as a shining example of 1980s pop mastery, inspiring new generations of artists and fans alike.

[Tell It To My Heart](#)

tell it to my heart: Tell it by Heart Erica Helm Meade, 1995 'Tell It by Heart' is a collection of stories about contemporary women of various ages and ethnic backgrounds who have one thing in common: each embraces a pertinent myth as her guide through a difficult passage. Narrated by therapist Erica Helm Meade, these fictionalized case studies carry us along with all the intrigue of good short stories while at the same time instructing us in the use of healing lore.

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tell it to my heart: Catalog of Copyright Entries , 1945

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happy childhood spent in Muncie, Indiana, a humorous glance over her shoulder at the way things used to be. This is more than a funny book, a period piece. Dignity and love are never quaint. They were the essence of this civilization. They are the essence of a book which is going to be dear to a lot of hearts besides the author. --Boston Globe (on the original publication) . . . poignant, evocative, humorous. --Indiana Magazine of History

tell it to my heart: Chart Watch UK - Hits of 1988 James Masterton, From the longest-serving music columnist online comes this comprehensive account of the Top 40 hit singles of 1988. Every artist to land a hit single during the year is documented and every one of their hits is catalogued. A full account of who made the charts, when, and most importantly why. The year when Kylie Minogue was transformed from Australian soap actress to global chart superstar. The year which saw House Music change the world. The year of Yaz, of S-Express, but also of Glen Medeiros. And the year which ended with Cliff redefining Christmas songs forever. The essential guide to a fascinating year in pop music, and the perfect reference book for any self-respecting 80s music fan.

tell it to my heart: Tell it to the Dog Robert Power, 2017-07-01 Tell it to the Dog. is an exquisitely written memoir that is at once playful, heartbreaking and affirming. From a Dublin childhood to London, then on to Europe, to Asia and Australia, there is a deep engagement with the world in this book about growing up, about human and animal connectedness, about friendship, love and loss. Power understands the uncanniness and endurance of memory. He can make us laugh, and then stop us in our tracks at the profundity of this business of meeting life. Each of these short chapters is beautifully complete; together the whole thing shimmers. In the most delightful and subtle of ways, the language, trajectory and wisdom of Tell it to the Dog underscores our need to embrace our own vulnerabilities, to confront our experiences and memories, and to believe as Jane Austen once wrote, that 'when pain is over, the remembrance of it often becomes a pleasure'. 'With exquisite prose and riotous feeling, Robert Power has created a stained glass window of a book, through which we gaze, as if for the first time, into what it means to live a life.' - Catherine de Saint Phalle, author of Poum and Alexandre

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tell it to my heart: Tell It All My Son Michelle Santana, 2010-11-17 Only about 1% of our children are able to tell that someone hurt them sexually. Parents are concerned of the sexual offenders register list, but many of these sexual predators are in our family. I want my story to change how we as parents handle the trauma of our children, who have been sexually abused. I want my story to help children break the silence that they are terrorized into keeping. I want them to be able to tell all. I want parents to let God heal them of the guilt and embarrassment of someone sexually abusing their child, while they are helping the Police and DA prosecute these offenders. Our children need our help to be able to tell about their trauma and who did it. In addition, the law enforcement needs our help. I have designed an Angel Doll that holds a heart in her hands. The heart opens up and has the poem in it Tell It All My Girl. I want to design a Aslan lion with the poem on his back Tell It All My Son with permission of Chronicles Of Narnia. I want to join up with a group to distribute the Angel Doll and Aslan Lion to as many girls and boys who have been sexually abused as I can.

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tell it to my heart: Songs that Make the Road Dance Linda O'Brien-Rothe, 2015-08-01 An important and previously unexplored body of esoteric ritual songs of the Tz'utujil Maya of Santiago Atitlán, Guatemala, the Songs of the Old Ones are a central vehicle for the transmission of cultural norms of behavior and beliefs within this group of highland Maya. Ethnomusicologist Linda O'Brien-Rothe began collecting these songs in 1966, and she has amassed the largest, and perhaps the only significant, collection that documents this nearly lost element of highland Maya ritual life. This book presents a representative selection of the more than ninety songs in O'Brien-Rothe's

collection, including musical transcriptions and over two thousand lines presented in Tz'utujil and English translation. (Audio files of the songs can be downloaded from the UT Press website.) Using the words of the songmen who perform them, O'Brien-Rothe explores how the songs are intended to move the Old Ones—the ancestors or Nawals—to favor the people and cause the earth to labor and bring forth corn. She discusses how the songs give new insights into the complex meaning of dance in Maya cosmology, as well as how they employ poetic devices and designs that place them within the tradition of K'iche'an literature, of which they are an oral form. O'Brien-Rothe identifies continuities between the songs and the K'iche'an origin myth, the Popol Vuh, while also tracing their composition to the late sixteenth and early seventeenth centuries by their similarities with the early chaconas that were played on the Spanish guitarra española, which survives in Santiago Atitlán as a five-string guitar.

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tell it to my heart: From Heaven to My Heart Beverly Jane Phillips, 2011-01-31 Beverly Jane Phillips grew up in a Christian family, married a minister, and served with him in four separate parishes. She was one of the first women in the Presbyterian Church to earn a master of divinity degree. But even during this amazing life, Beverly had trials and days when she did not feel her Lord by her side. She had days when she felt doubtsometimes even despair. To combat these days of darkness and bring her closer to God, Beverly began a daily prayer journal. For over thirty years, she wrote her morning prayers in spiral notebooks; these became the basis for *From Heaven to My Heart*, a collection of prayers from an ordinary Christian woman who lived an extraordinary life. Beverly's transparency about her own spiritual journey not only enlightens but also encourages, sharing the message that even the devout encounter moments of difficulty in their faith. Through those difficulties difficulty arise inspiration, insight, wisdomand faith in an everlasting, benevolent creator. Whether you are interested in beginning a journey with God, or seeking encouragement to continue, *From Heaven to My Heart* will become a valued companion.

tell it to my heart: The Billboard Book of Top 40 Hits, 9th Edition Joel Whitburn, 2010-10-05 The Essential Reference Guide to America's Most Popular Songs and Artists Spanning More than Fifty Years of Music Beginning with Bill Haley & His Comets' seminal "Rock Around the Clock" all the way up to Lady Gaga and her glammed-out "Poker face," this updated and unparalleled resource contains the most complete chart information on every artist and song to hit Billboard's Top 40 pop singles chart all the way back to 1955. Inside, you'll find all of the biggest-selling, most-played hits for the past six decades. Each alphabetized artist entry includes biographical info, the date their single reached the Top 40, the song's highest position, and the number of weeks on the charts, as well as the original record label and catalog number. Other sections—such as "Record Holders," "Top Artists by Decade," and "#1 Singles 1955-2009"—make *The Billboard Book of Top 40 Hits* the handiest and most indispensable music reference for record collectors, trivia enthusiasts, industry professionals and pop music fans alike. Did you know? • Beyoncé's 2003 hit "Crazy in Love" spent 24 weeks in the Top 40 and eight of them in the #1 spot. • Billy Idol has had a total of nine Top 40 hits over his career, the last being "Cradle of Love" in 1990. • Of Madonna's twelve #1 hits, her 1994 single "Take a Bow" held the spot the longest, for seven weeks—one week longer than her 1984 smash "Like a Virgin." • Marvin Gaye's song "Sexual Healing" spent 15 weeks at #3 in 1982, while the same song was #1 on the R&B chart for 10 weeks. • Male vocal group Boyz II Men had three of the biggest chart hits of all time during the 1990s. • The Grateful Dead finally enjoyed a Top 10 single in 1987 after 20 years of touring. • Janet Jackson has scored an impressive 39 Top 40 hits—one more than her megastar brother Michael!

tell it to my heart: *I Prayed for Love-My True Love* Mt. Tee, 2023-01-18 As Mt. Tee mentioned in his first book titled *One Man's Love for One Woman*, all songs and poems were inspired by a recent breakup in his life. These books, which he titled *I Prayed for Love* and *My True Love*, is a

continuation of the said relationship between him and the woman he has loved the deepest in his life and who he still loves till this day. He did everything he could do to make her happy and everything he could do to remain in her life. A true story of one man's love for one woman that went astray. Mt. Tee still thinks of the woman as each day passes. The memories of the love he feels for this woman keep him tied to the feelings he has. This two-books-in-one will show the mixed feelings a relationship can cause, when you love someone more than anything you could ever imagine in life.

tell it to my heart: "Tell it All" Mrs. T. B. H. Stenhouse, 1875

tell it to my heart: I Found My Heart in Richland N.L. Fowler, 2020-11-05 Jessie, at age forty-two unexpectedly loses her husband to a heart attack and instantly becomes a single mom to her two teenage daughters. After six months she is still unable to grieve for him and feels that their marriage had been so full of regret, and wonders if she really ever loved him at all. Keeping her thoughts and feelings to herself she continues to give support to her daughter's in the loss of their father while secretly struggling to find her own peace. Will is a landscape designer

tell it to my heart: The Billboard Book of Number One Hits Fred Bronson, 2003 Provides lists of hit songs by date with information on the artist, songwriter, producer, label, and offering interviews with popular artists.

tell it to my heart: That Kiss From Heaven Fell On My Heart C. Nicole Treadwell, 2009-03-16 Nicole Treadwell has a secret. If she reveals it, she will surely die. Of course, she knows it's true because certain death is what he promised her after the incident in the deep woods years ago. Her fate ever in his hands, keeping the secret guts her on the inside as she struggles to make ends meet, serving as a law clerk to a dangerously ambitious judge in the Nation's Capitol with secrets of her own. Nicole is tired--exhausted--toying with thoughts (she's afraid to own) of letting life go. Her life is unraveling, her sound mind frayed. At the end of herself, she knows she can't save herself, but who can? Worse, does she want to be saved? A swift reply to both questions comes in the way of a still, small voice at an unlikely time that ushers her onto a path few dare to tread or openly discuss. In contrast, Nicole's former law school chum and classmate, Timothy Grue, is a hotshot, private attorney who blazes notorious trails in and out of the courtroom. Both handsome and brash (owing to his kinship with privilege and social standing of a "fine" Philadelphia family), he seems to have the world on a string, every creature comfort easily within his reach, including an overabundance of company from the "fairer sex." Despite his privilege and pedigree, Tim later learns that it came at a very high price. By a stroke of legal fortune (or misfortune), their paths collide professionally, as Tim is handpicked to represent an A-List Hollywood client in a lawsuit over which Nicole's boss is the presiding judge. Not so secretly, the judge relishes the prospect of having her "fifteen seconds of fame" before the world press. Her staff knows that the attention from the paparazzi may prove to be her professional undoing--and theirs. Her job potentially on the line, Nicole contacts Tim Grue for a clandestine meeting of the minds, but will Tim take the bait and "sign on" to Nicole's "harmless" solution? Their former friendship (on course to self-ignite or implode) sets in motion a chain of events that blast open the door to Nicole's secret past and their bitter-sweet history; and where crises of identity, spirituality, and morality intersect, conflicting issues of race and class deepen already murky waters, as Nicole is black, and Timothy is white. Yet, as between the two, they want to know why race is still an issue at all? On the road from hell to higher ground, both learn that anything worth having is always tried by fires of a faith that asks, simply, what do you really believe? And more, can redemption ever come too late?

tell it to my heart: Awakening My Heart Andrea Miller, 2019-09-01 Informative interviews and profiles of the likes of Ram Dass, Tina Turner, Jane Goodall, and more, plus other writings offer insight on the Buddhist life. From Andrea Miller—an editor and staff writer at Lion's Roar, the leading Buddhist magazine in the English-speaking world—comes a diverse and timeless collection of essays, articles, and interviews. Miller talks to Buddhist teachers, thinkers, writers, and celebrities about the things that matter most and she frames their wisdom with her own lived experience. In *Awakening My Heart*, we hear Tina Turner on the power of song, Ram Dass on the importance of service, Jane Goodall on the compassion that exists in the natural world, and Robert

Jay Lifton on the darkest deeds of humanity—and how to prevent such things from ever happening again. Moreover, Miller—with her gently probing questions—gets to the bottom of the friendship between Zen master Bernie Glassman and Hollywood’s Jeff Bridges, and she also takes a playful look at the difference between Michael Imperioli, the serious Buddhist practitioner, and the unhinged mobster character he played in *The Sopranos*. Insight teacher Gina Sharpe coaches Miller on how to start facing the racism that exists even in the most liberal communities, while Robert Waldinger, a Zen priest and the leader of the world’s longest running study of human happiness, teaches her the key to being truly happy. Miller also brings the wisdom of a thirteenth-century Zen text into her very own galley kitchen and takes a look at animals through a quirky dharma lens. Finally, she goes on retreat with two of the world’s most beloved contemporary Buddhist teachers, Pema Chödrön and Thich Nhat Hanh, and travels to India to follow in the footsteps of the Buddha himself. Praise for *Awakening My Heart* “A lovely repast of stories and inspiring conversations with Buddhist masters and celebrities, reminding us to relax and smile. The good medicine of the dharma comes in a thousand forms.” —Jack Kornfield “This book is a concise, witty, and intelligible way to understand Buddhism.” —bell hooks, author of *All About Love* “Andrea Miller is one of contemporary Buddhism’s most original and arresting voices. *Awakening My Heart* has that rare combination of insight and empathy that distinguishes the very best spiritual literature. It is an inspiring, expansive, and probing exploration of what it means to be alive and practicing the dharma today.” —Shozan Jack Haubner, author of *Zen Confidential* “These lovely pieces span a huge, eclectic range from rock stars and actors to gurus and birds. There is joy in these pages, and the stories here will cause you to love life, and people, all the more.” —Barry Boyce, Editor-in-Chief, *Mindful* magazine

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