

Unveiling the Mysterious Beauty: Hearts Aren Made Of Glass!

Love is a complex emotion that has been captivating human beings since the beginning of time. It's like a delicate piece of glass, intricately designed, but with an inherent fragility that makes it vulnerable to cracks and shattering. Hearts Aren Made Of Glass; they carry our deepest desires, but also our fears and insecurities. In this article, we will delve into the enigmatic nature of love and explore why hearts may truly be made of glass.



The Fragility of Love

Love, as beautiful as it may be, is often accompanied by vulnerability. It is the exposure of our deepest selves to another, trusting them to handle our hearts with care. Just like glass, love can be shattered, leaving us broken and wounded.

Hearts Aren't Made of Glass

by Trista Hendren (Kindle Edition)



★ ★ ★ ★ ☆	4.3 out of 5
Language	: English
File size	: 1289 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 259 pages
Lending	: Enabled



Our hearts are delicate vessels that can easily be invaded by disappointment, betrayal, or heartbreak. Each crack that appears diminishes their strength, making them more susceptible to damage in the future. It seems that no matter how hard we try to safeguard our hearts, they remain fragile entities, crafted with the finest glass.

The Intricacies of Love

Similar to a meticulously crafted glass masterpiece, love is a work of art. It takes time, effort, and a deep understanding to create something truly beautiful. Just like glass, love can be molded and shaped into various forms, each unique and awe-inspiring.

Love encapsulates both the light and darkness within us. It has the power to illuminate our lives with joy and happiness, but it can also expose our vulnerabilities and evoke pain. The transparency of glass mirrors the transparency required in love, where honesty and trust are fundamental building blocks.

The Possibility of Shattering

Some argue that the malleability of love prevents it from being shattered completely. While this may be true to some extent, it cannot be denied that even the most robust of glass can break under immense pressure. Similarly, even the strongest of hearts have their limits.

External factors, such as societal pressures, personal struggles, or communication breakdown, can exert enormous strain on a relationship. Without proper care and attention, even the strongest love can eventually succumb to the weight, shattering into countless pieces.

Rebuilding the Glass Heart

Despite the vulnerability and fragility associated with love, hearts have an incredible ability to heal. In many cases, shattered glass can be painstakingly repaired, each piece carefully reassembled until it becomes whole again.

Similarly, in the realm of love, restoration is possible. It may require patience, forgiveness, and open communication, but by nurturing the cracks and mending the broken parts, a relationship can emerge stronger than before. It is through these challenges that love gains resilience.

Embracing the Fragility of Love

Instead of fearing the fragility of hearts, we should celebrate it. It reminds us to cherish the moments of happiness, to handle love with the utmost care, and to appreciate the beauty in vulnerability. Just like a fragile glass heart, love is an exquisite masterpiece that should not be taken for granted.

So, as you embark on your journey through life, remember that Hearts Aren't Made Of Glass, and that's what makes them all the more extraordinary. Embrace the

fragility, mend the cracks, and let love shine through, unyielding in the face of adversity.



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Trista Hendren candidly shares her journey from "Princess of Nothing" to Goddess of her own life. Hendren exposes the perils of traditional recovery programs and gives her own anecdotes on how to blissfully recover from abuse, codependency and patriarchy.

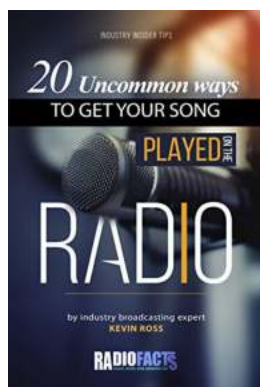
"Trista Hendren's story, grounded in the particular details of her life, transcends the personal, and beautifully." -Donna J. Snyder, author of *The Tongue Has its Secrets*

"What a beautiful, honest and unusual book. Every page shattered and healed my heart."

-Laura Dodsworth, author of *Bare Reality: 100 Women, Their Breasts, Their Stories*

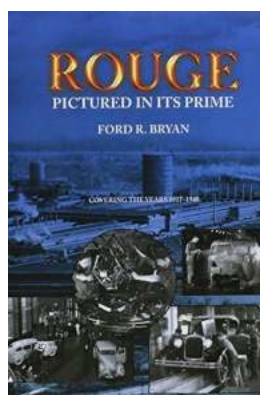
"We all reach that point where we have to rewrite the fairy tale template we were sold as children. If you are there, this book will make you feel less alone, while stirring up ideas that will help you, too, become the Goddess of your own damned life. Trista's story may have more or less dramatic upheavals than your own, but in this raw, unvarnished memoir you will find opportunities to rethink all those things you assumed were necessary—things as basic as your car and your particular creature comforts—while questioning how much of what we call privilege actually serves you. This is not a neatly wrapped up linear tale, but that is its beauty. It reads more like notes you'd scrawl in your journal. And you might want to have your own journal nearby as you read to write down the gems you will find in this memoir. I recommend this to anyone looking for women who have walked through the fire and come out glowing."

-Monette Chilson, author of *Sophia Rising*



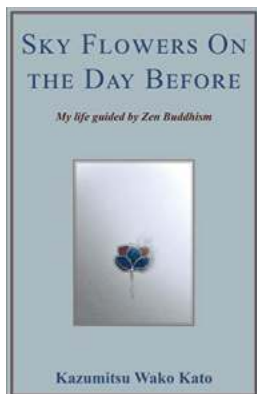
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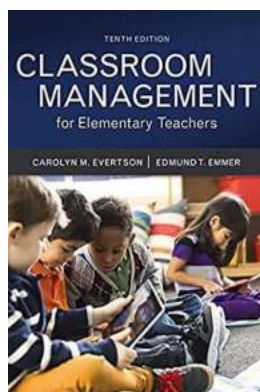
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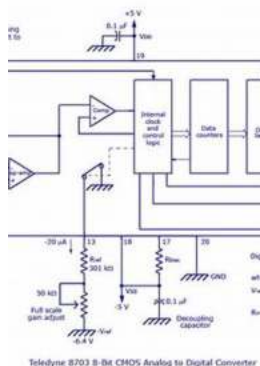
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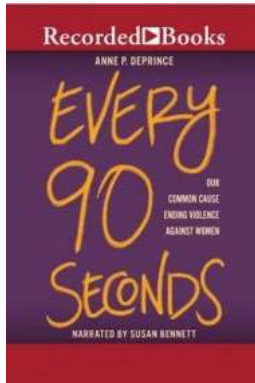
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