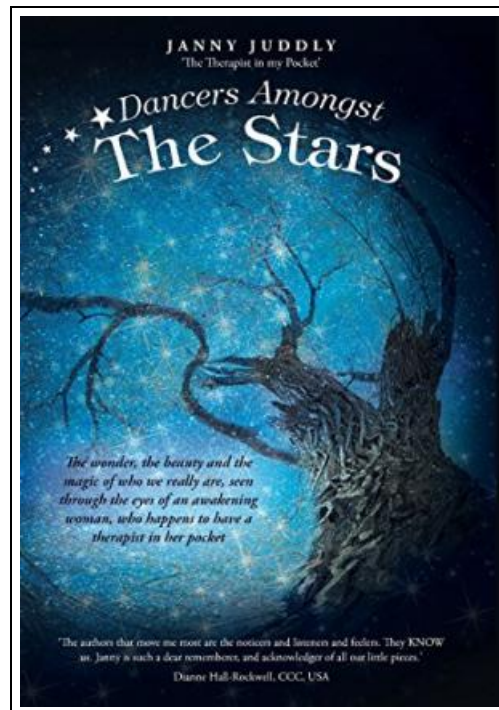


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Balboa Press, United States, 2015. Hardback. Condition: New. Language: English. Brand new Book. This is a very particular kind of self-help book. It is a book of remembering. Our journey is a spiritual one even if we do not always realise it. We humans spend a lot of time trying to work out who we are, looking for meaning, searching for the big picture. Through a series of beautifully evocative and moving stories, uplifting poems, and insightful observational pieces, you are invited to rediscover the truth of who you really are. As a lecturer in Dynamic Therapy, the author's particular area of research and expertise has been the mind-body-soul connection, as underpinned by the latest research in neuroscience and quantum physics. As a therapist, mindfulness coach, and energy worker in private practice, her work has involved integrating this knowledge with leading edge thinking on spirituality, the workings of the human psyche, the impact of our developmental history, and the power of intention and the unconscious mind upon our experienced reality. Her goal is to incorporate this into her own understanding of the spiritual journey as an awakening woman. The stories, poems, and real life vignettes in this book are an invitation to you, as a fellow traveler and spiritual seeker, to see through compassionate eyes where you have come from, the amazing path you are embarked upon, and to view your experience of living this life, which is unique to you alone, from the perspective of who you really are: a magnificent spiritual being of light and love and power living a purposeful human experience.



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