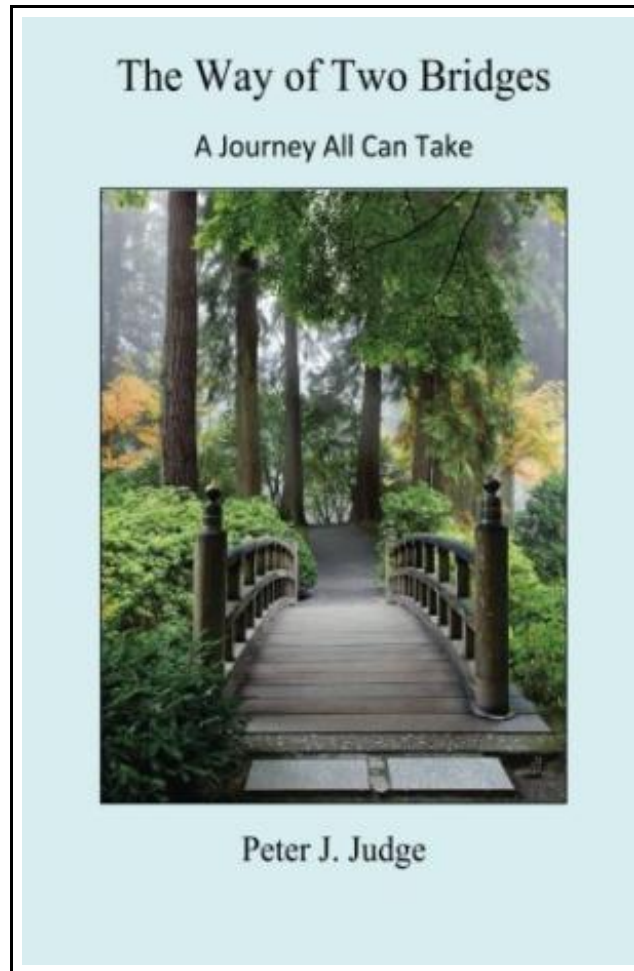


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(Prof. Isobel Heller MD)

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Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.These days, even a quick glance at the news can be disheartening. Much of modern life seems defined by anger, substance abuse, depression, and anxiety. Coupled with personal failure it can all be just too much. Fortunately, many manage to rise above the challenges and exist in a state of peaceful joy. How do they do it? For Peter Judge, it is his faith in Christ that gets him through the day. Blessed by happiness, his alcoholism no longer controls his life-all thanks to a lot of old wisdom and faith-based methods that he shares in his new book. Using a bridge metaphor, Judge beautifully illustrates the two great awakenings of consciousness that lead to long-term happiness. First, one must actively embrace a positive energy lifestyle. Then, one must cultivate a personal relationship with God. Through it all, he gives practical advice via lists of positive and negative behaviors, as well as prayer techniques. From conception to death, his analysis considers the comprehensive life cycle, including questions about the afterlife. By thoughtfully tying his symbolic bridges to theological, psychological, and scientific theories, Judge helps readers thoughtfully manage life choices while achieving maximum emotional and spiritual health.



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