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Becoming Yourself: The Journey from Head to Heart (Revised and Expanded Edition)

By Jan Engels-Smith

Createspace, United States, 2014. Paperback. Book Condition: New. Revised, Expanded. 229 x 152 mm. Language: English . Brand New Book. Becoming Yourself is a powerful, innovative and comprehensive spiritual guide for a life-changing journey in the quest for self-awareness. --iUniverse In her book, Becoming Yourself: The Journey From Head to Heart, author Jan Engels-Smith shows you how to incorporate the creative heart and soul powers into the process of Western rational thought of self-analysis. The results are a journey towards complete self-awareness - one that ultimately integrates the total self - mind, heart and soul. The revised and expanded edition of the book contains numerous new teachings and spiritual insights. While a number of books address the individual's need to connect with one's spiritual nature, Becoming Yourself shows how to connect to it and to use this energy to restore wholeness. Jan's book conveys spiritual lessons through personal accounts and offers proven healing methodologies and exercises based on her decades of experience as a science teacher, counselor-psychologist and energy medicine practitioner. Jan seeks to intertwine physical, emotional and mental concepts and convey them with warmth and support. This creates a powerful, practical and comprehensive guide that enlightens...



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