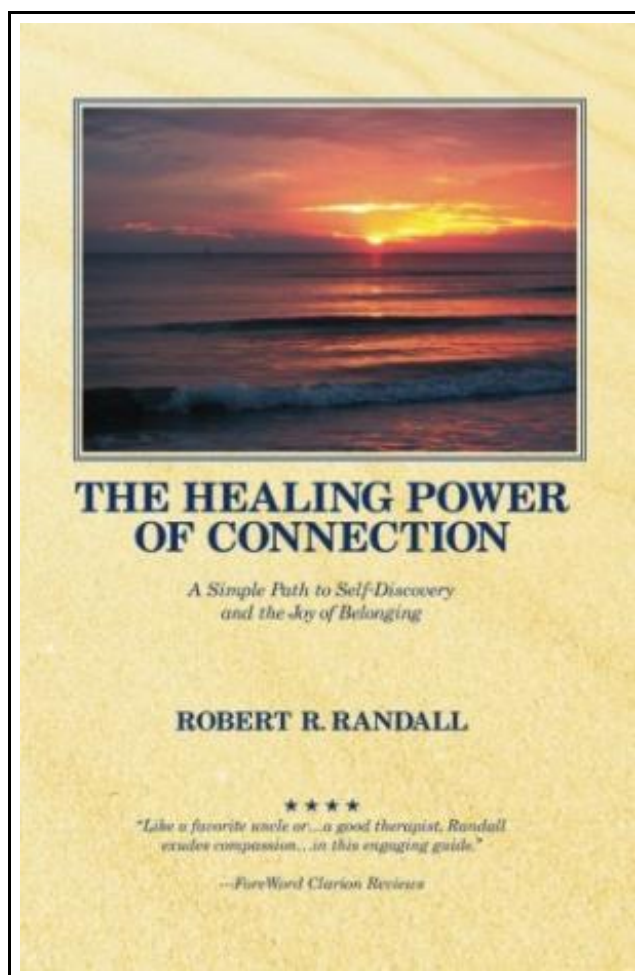


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(Lavina Torp)

THE HEALING POWER OF CONNECTION: A SIMPLE PATH TO SELF-DISCOVERY AND THE JOY OF BELONGING


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Createspace, United States, 2012. Paperback. Book Condition: New. 216 x 142 mm. Language: English . Brand New Book ***** Print on Demand *****.What if you learned that the secret to happiness rests on simply correcting a mistake-a misunderstanding about what makes you unhappy in the first place? Suppose you learned that all your unhappy feelings-your anger, anxiety, resentments, guilt, envy, feeling lost and even depression-are not really about people and circumstances, but instead are actually manifestations of just one problem: a sense of disconnection from yourself and the rest of the universe. Then, imagine you further discovered a surprisingly simple solution-a proven way to reconnect, restore peace and thereby relieve your suffering. The Healing Power of Connection uniquely identifies the often unconscious sense of disconnection (separation, apartness, alienation) as the source of nearly all uncomfortable emotions-as well as most unhealthy behaviors. Then it provides a comprehensive plan for reconnecting-with yourself, other people and the God of your understanding, Profoundly insightful and illuminating, The Healing Power of Connection is also down to earth and comfortably accessible. Read and practice the principles therein, and you will discover the power of honesty and vulnerability; the alchemy of forgiveness and empathy; the potency of prayer and meditation. Gradually, you will awaken to a new sense of belonging; a recognition of yourself in others (and vice versa); a sense of Divine order and spiritual purpose, and a spirit of genuine contentment and love. In short, you will experience-the miracle of connection.

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