



## How to be an Adult: A Handbook on Psychological and Spiritual Integration

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By Richo David

Paulist Press International, U.S. Paperback. Book Condition: new. BRAND NEW, How to be an Adult: A Handbook on Psychological and Spiritual Integration, Richo David, Using the metaphor of the heroic journey departure, struggle and return the author shows readers the way to psychological and spiritual health.



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