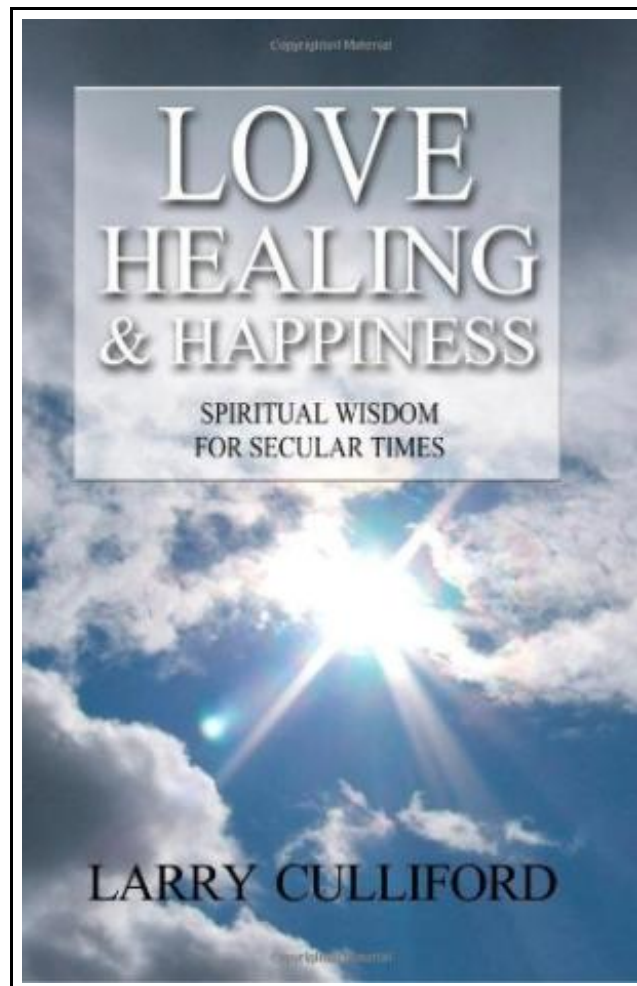


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(Dr. Kayden Gerlach)

LOVE, HEALING AND HAPPINESS: SPIRITUAL WISDOM FOR SECULAR TIMES



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John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, Love, Healing and Happiness: Spiritual Wisdom for Secular Times, Larry Culliford, In today's secular society, many people struggle with terms like love and happiness. Few consider that these vital concepts are connected with worshipping God, but we know equally that they have little to do with how much we earn and possess. Maybe the answer lies in relationships, but these can be changeable and troublesome. Is there a larger story we can be part of again? A framework within which our lives can make sense? Where can we get good advice? In the style of "The Road Less Travelled", Larry Culliford tells stories of his work as a psychiatrist. Through these, he shows us how to face adversity, protect ourselves and others from self-destructive acts and temptations, and grow in maturity. We have more than our own resources to draw on. Bringing together East and West, ancient and contemporary traditions, he sees his patients using their "wisdom mind" to reach wholeness. This intuitive faculty connects us again with the universe, which science and materialism have rendered remote and uncaring. This is the route to a new sense of belonging and a meaningful life. It is our path to emotional health, happiness and maturity. Much more than self help is involved. Larry shows how, following this path, we will also be helping the world.



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