

# Quantum Wellness A Practical And Spiritual Guide To Health And Happiness

Practical Spirituality Practical Spirituality *Practical Spirituality* **Trust Your Vibes** **Spiritual Direction** *New Thought* **The Practical Art of Spiritual Conversation** *Practical Sufism* *Backpackers* *Practical and Spiritual Guide to the Universe* **Practical Theology** **Practical Spirituality and Human Development** **Finding Joy** *The Feng Shui of Abundance* **Experiments in Practical Spirituality** **Awake My Soul** **Spirit Check** **Hajj & Umrah** **Spirit Release** Attached to God **Light from Darkness** **Fundamentals of the Process of Spiritual Perfection** *Everyday Simplicity* **Five Pillars of the Spiritual Life** **The Present Actor** **The Practical Mystic** **The Gift of Stories** **The Findhorn Book of Practical Spirituality** **The Seven Spiritual Laws of Success** The Yoga Book **The Psychic Mind** 7 Steps to Spiritual Empathy, a Practical Guide **How to Survive the Economic Meltdown** **Walking Through Walls** **Positive Spirituality in Health Care** The Spiritual Home **A Practical Guide to Spiritual Reading** **The Eight Masks of Men** **Finding Your Voice** **Journey of the Soul** *The Mindful Mother*

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**Spirit Release** May 18 2021 Spirit Release covers psychic attack, curses, witchcraft, spirit attachment, haunting, soul rescue, deliverance and exorcism. This comprehensive guide has been developed over many years as course material in the College of Psychic Studies in London. It looks at the symptoms of psychic attack and spiritual attachments, what to do and how to prevent them.

**The Gift of Stories** Sep 09 2020 Shows how telling our own stories can dramatically change our lives.

**Five Pillars of the Spiritual Life** Dec 13 2020 Fr. Spitzer, President of Gonzaga University and a highly regarded spiritual teacher and writer, presents a practical, yet rich guide for helping busy people develop a regular and deeper prayer life. Based on many successful retreats and seminars he has given to much acclaim over the years, this brilliant Jesuit priest presents five essential means through which the contemplative and active aspects of our lives can be fused together for a stronger spiritual life.

**How to Survive the Economic Meltdown** Mar 04 2020 Offers more than thirty spiritual and practical strategies for thriving during times of financial crisis.

*Backpackers Practical and Spiritual Guide to the Universe* Feb 24 2022 This book is a treasure trove of practical hints cushioned in a type of spiritualism that encourages a person to take charge of his or her own future. Advice is offered to make positive changes to your life through example and action. From shopping and packing lists to saving money for your big journey, Gaylyn applies her well-trialed methods to ensure you get to put your plans into action and live your dreams.

Whether it's your gap year or not you will enjoy the snapshots of travel that are offered to entice you to take the first steps towards your next journey.

**Experiments in Practical Spirituality** Sep 21 2021 Based on concepts in the second Search for God volume, this valuable text provides practical "experiments" for testing and applying the spiritual principles from the Edgar Cayce readings.

**Trust Your Vibes** Aug 01 2022 In this fascinating book, spiritual teacher Sonia Choquette reveals the secrets you need to awaken your intuitive voice and ... trust your vibes. If you're ready to step into a Divine, more energetically uplifting experience and live an easier more satisfying life, you'll learn how to do so within these pages...

**The Present Actor** Nov 11 2020 Many actors are hungry for guidance. You're in a profession that offers no promise of recognition, fulfillment or even steady employment despite your talent, training or degrees. A great actor can be passed over for a lesser one; a year of booking wonderful roles can be followed by two years of unemployment; a successful actor can find him or herself spiritually empty in the midst of adulation. Performers must deal with the unique circumstance of having their face, body, mind and emotions on display for judgment every day.

Consequently, there's an overwhelming desire to obtain some emotional grounding and inner peace within a very uncertain profession. *The Present Actor* was written specifically to address the challenges that you face every day, whether you're just starting out or have already acquired some measure of success. This book speaks specifically to the performer on an all-encompassing emotional, spiritual and practical level. As a casting executive for a major television network, understanding an actor's ego, heart, intellect and imagination is my job. Finding your way requires time, patience and love. I can't reach all of you personally, but I can hope to make my knowledge available to you through this book. "I was truly moved by what Marci wrote. I kept on saying, 'yes, yes, yes', I discuss these ideas with my clients all the time! It's more than taking class and breaking down a scene.. She captures the sum of the parts in such a comprehensive manner yet with so much compassion. It's the actor's self-help book for anyone who dares to dream. I LOVE it!" Rhonda Price, Partner - The Gersh Agency

*The Spiritual Home* Dec 01 2019 *The Spiritual Home* is a practical guide, a family-oriented, children-friendly self-help book that leads readers through the year, helping them celebrate, understand and appreciate both "holy days" and secular holidays. If readers already have established family traditions, it will add to their enjoyment. If they do not, *The Spiritual Home* helps establish long-standing family traditions that can be celebrated for generations. The authors comment "We hope to come along side of you to help you intentionally plan your year so that your Christian faith is evident to your family and lived out in a meaningful way. We do not suggest traditions just for the sake of doing more, but so that you may display your love for Jesus in the practices of your home." *The Spiritual Home* features fun facts and brief histories of both holidays and holy days, practical and interesting ideas for activities you can do with your children, ideas for house and table decorations for both everyday mealtimes and parties, special family recipes for holidays and special occasions, and, finally, prayers for holy days and holidays

*Practical Sufism* Mar 28 2022 This wise, funny, and compassionate book follows Gowins apprenticeship with Pir Vilayat Inayat Khan, spiritual leader of the Sufi Order International. Until now, Pir Vilayat's order has not had a strong, accessible introduction. This book not only provides that service but is more down-to-earth than most books on Sufism. It also has the advantage of being universalistic. "The Sufi Way is not a religion or a component of a religion but the heart of all religions and spiritualities," Gowins says. Because it is non-dogmatic and offers no catechisms or creeds, its teachers are essential. Gowins emerges as a superb teacher, offering a user-friendly guide to the Sufi Way that is at once valuable to any seeker entering any spiritual path. Gowins is quick to emphasize that Sufism is not the only path or even the right path for everyone. His approach is full of engaging stories and specific practices that could be helpful in many circumstances. Readers will benefit from his gentle Sufi teachings of love,

tolerance, unity, and consciousness, no matter what their chosen path.

The Yoga Book Jun 06 2020 This title explains the true meaning of yoga and demonstrates the practices and postures of Ashtanga Yoga that should enable the reader to achieve mastery over the mind and body and can eventually lead to self-realization.

**Fundamentals of the Process of Spiritual Perfection** Feb 12 2021 Fundamentals of the Process of Spiritual Perfection presents a groundbreaking paradigm that approaches our spiritual development as an experimental science.

**Spirit Check** Jul 20 2021 "If you're ever going to master your emotions, the first order of business is to get out of your feelings." From the book "Spirit Check" Your attitude, behavior and mindset define your spirit, which is the seat of your emotions. Through the lens of self examination, five bold and common emotions + character flaws are exposed that derail personal, spiritual success and growth. In Spirit Check, Michelle Collins provides a persuasive commentary on the five [jealousy, intimidation, fear pride and anger], with practical solutions for immediate implementation to transform the mind, soul and spirit. Discover how biblical principles and practical solutions can aid in your goal to become whole and spiritually healthy. Commit to a healthier more excellent way of mastering your emotions, masterfully.

**The Practical Mystic** Oct 11 2020 An introduction to the works of Evelyn Underhill, Anglo-Catholic mystic and one of the most widely read spiritual writers of the early twentieth century.

**Journey of the Soul** Jul 28 2019 The healthy Christian life is one of continuing spiritual, emotional, and relational growth. But so many of us feel stuck or stagnated at one stage of the journey. It's not always clear to us where or why we are stuck, making it difficult to take the next step on our journey of the soul. That's where Bill and Kristi Gaultiere come in. After decades in private practice as counselors and therapists, they have developed a unique model for growing in grace. In Journey of the Soul, they draw on more than 70,000 hours of providing therapy and spiritual direction to show you how to identify your current stage of faith and the next steps to take based on your unique needs and struggles. With Scripture, self-assessments, and soul care practices to support your progress along the way, this insightful and inspiring book will be a treasured companion on your journey no matter where you are or how long you've been following Jesus.

*Everyday Simplicity* Jan 14 2021 Wicks' newest collection tells readers how to do something real and practical about developing spirituality in the here and now.

Practical Spirituality Nov 04 2022 Practical Spirituality shows you how to use your spiritual power in the quest for tangible results. James Arthur Ray combines the potent ingredients of material goals and mysticism, demonstrating how you need both to get the most out of life. Practical Spirituality makes applying ancient wisdom and the latest discoveries about how our world works - in the realm of

physics and beyond - something you can do today. You get: Actionable, clear principles to achieve tangible success without sacrificing spirituality, and vice versa. You get straight talk to put you on the true path of power, so you can avoid the mistakes most people make. And you'll learn several ways to break out of the mass hypnosis of our time and become completely free from cultural conditioning. This is a must-read and must-do for anyone who is truly committed to becoming his or her own person in world where most people just follow along. It's time to wake up with Practical Spirituality!

**The Practical Art of Spiritual Conversation** Apr 28 2022 The Practical Art of Spiritual Conversation is about the art of when, if, and how to engage in a spiritual conversation. The whens and the ifs inform the how. Christians can be so concerned with how to share the gospel that they often fail to consider where the person is spiritually and when, or even if, they should share the gospel. To be sure, the Scriptures are clear that followers of Christ must spread the good news. Yet there are times when sharing the gospel would be undeniably inappropriate. How, then, do gospel-centered, evangelistic Christians discern when to share Christ or when to stay silent? What determines when and if someone is even ready to hear the gospel? How does one meaningfully engage a person who has already accepted the gospel? Refined through tens of thousands of spiritual encounters, this book provides a helpful framework for discerning where a person is spiritually and how to encourage each person to take a step toward Christ regardless of where they may presently be in their faith journey. You will be equipped in the practical art of spiritual conversation so that you can meaningfully encourage every person to take a step toward Christ.

**Spiritual Direction** Jun 30 2022 Spiritual direction has been an intrinsic part of the Christian tradition since the earliest days of the church when desert mothers and fathers were sought out for their wisdom and guidance. This guide aims to equip clergy and laity engaged in this task, or in training for it.

*Practical Spirituality* Sep 02 2022 The author discusses the benefits and techniques of meditation, co-creating with Spirit, and more.

**A Practical Guide to Spiritual Reading** Oct 30 2019 This book fills a deeply-felt need in serious Christians who, striving after the renewal of their inner lives, are convinced that they need to engage in regular meditative reading.

**Walking Through Walls** Feb 01 2020 WALKING THROUGH WALLS is a no-nonsense handbook for the spiritual seeker with little time for a lengthy philosophical treatise-and even less energy for a "taking a lifetime for enlightenment" self-help book. Psychologist and author Lee Jampolsky offers an eight-week course that gets right down to the business of accelerating personal growth. Each week Jampolsky focuses on one of eight traits that are compatible with every great spiritual tradition: honesty, tolerance, gentleness, joy, defenselessness, generosity, patience, and open-mindedness. Cutting through the

fog of typically lofty and unreachable self-help goals, **WALKING THROUGH WALLS** presents a realistic and attainable plan for personal development. A practical eight-week program that is broken down into lessons that incorporate eight important traits into everyday living. Each lesson is further broken down into exercises, affirmations, and meditations. Lee Jampolsky's **HEALING THE ADDICTIVE MIND** has sold 65,000 copies. From the Trade Paperback edition.

**The Seven Spiritual Laws of Success** Jul 08 2020 BASED ON NATURAL laws which govern all of creation, this book shatters the myth that success is the result of hard work, exacting plans, or driving ambition. In **The Seven Spiritual Laws of Success**, Deepak Chopra offers a life-altering perspective on the attainment of success: Once we understand our true nature and learn to live in harmony with natural law, a sense of well-being, good health, fulfilling relationships, energy and enthusiasm for life, and material abundance will spring forth easily and effortlessly. Filled with timeless wisdom and practical steps you can apply right away, this is a book you will want to read and refer to again and again.

**Awake My Soul** Aug 21 2021 An author's pragmatic approach to involving God in everyday routines incorporates twelve specific yet easy suggestions designed to help readers see the rich spirituality in daily life. Reprint.

**Light from Darkness** Mar 16 2021 Everything in existence functions because of laws of nature. Knowledge of those laws is what allows us to accomplish anything in life. Our spiritual and religious life is no different. Spiritual awakening is also managed by laws in nature. On every level of existence, there are basic facts that manage creation, development, decay, and death. Our consciousness or soul is no exception to these facts, and by knowing about them, we can achieve our complete development as a human being. Samael Aun Weor explains the fundamental laws and energies that we need to consciously harness in order to reach our full potential. These are the same energies that fuel the creation of any organism, from the smallest atom to the most expansive universe. The human being is called to be a radiant king or queen of nature, but to arrive at that level, one must know how.

Attached to God Apr 16 2021 Why does God feel so far away? The reason--and the solution--is in your attachment style. We all experience moments when God's love and presence are tangible. But we also experience feeling utterly abandoned by God. Why? The answer is found when you take a deep look at the other important relationships in your life and understand your attachment style. Through his years working in trauma recovery programs, extensive research into attachment science, and personal experiences with spiritual striving and abuse, licensed therapist Krispin Mayfield has learned to answer the question: Why do I feel so far from God? When you understand your attachment style you gain a whole new paradigm for a secure and loving relationship with God. You'll gain insights about: How you relate to others--both your strengths and weaknesses The practical exercises you can use to grow a secure spiritual attachment to God How to move forward on the

spirituality spectrum and experience the Divine connection we all were created for. You'll learn to identify and remove mixed messages about closeness with God that you may have heard in church or from well-meaning Christians. With freedom from the past, you can then chart a new path toward intimate connection with the God of the universe.

**Practical Spirituality and Human Development** Dec 25 2021 This book explores varieties of spiritual movements and alternative experiments for generation of beauty, dignity and dialogues, in a world where the rise of the religious in politics and the public sphere is often accompanied by violence. It examines how spirituality can contribute to human development, social transformations and planetary realizations, urging us to treat each other, and our planet, with evolutionary care and respect. Trans-disciplinary and trans-paradigmatic to its very core, this text opens new pathways of practical spirituality and humanistic action for both scholarship and discourse and offers an invaluable companion for scholars across religious studies, cultural studies and development studies.

7 Steps to Spiritual Empathy, a Practical Guide Apr 04 2020 "This book is overflowing with kindness, insight, depth and above all...love." - Katherine Woodward Thomas: New York Times Bestselling Author of Calling in "The One" If you are interested in deepening your emotional awareness and in developing your emotional intelligence in ways that enhance conscious co-creative living, then this book is for you. It is a drop of peace in the ocean of our busy lives. Do you understand the role that your emotions play in your capacity for free will and conscious living? Are you interested in the power of conscious choice? Do you feel as though you are in charge of the decisions that you make in your life, of navigating your own journey? Designed to be read in just 10-15 minutes a day for 7 days, this deeply philosophical and highly transformational book guides readers through a 7-day journey of emotional discovery and expanding spiritual relatedness. Each day, practical and pragmatic suggestions integrated with emotional insight deepen our understanding and awareness of the way in which empathy sits in relationship with spirituality and emotional intelligence, supporting us in enriching the quality of our personal well-being, our relationships and our everyday lives. Our emotions sit at the core of our ability to build successful, healthy relationships in all areas of our lives. They play a key role in our self-development and in our ability to navigate our lives through conscious choice and conscious intention. Empathy isn't simply a listening ear and something that we can offer others. In essence, true empathy is a state of being; a way of living that opens a pathway of spiritual relatedness with life itself. Spiritual empathy transforms our ability to relate with our full experience of life at a level of mindful and conscious awareness; awareness of ourselves, of others, and awareness of a greater, universal intelligence of which we are an integral and dynamic part. This is the first in a series of books about the intelligence of our emotions, each written to

support and enable deepening layers of relational growth and understanding. Florence invites readers on a journey of self-discovery, beautifully combining conceptual knowledge of emotional intelligence with practical and pragmatic application. The format of the book is deliberate. Its bite-sized chapters make it accessible, easy to read and translatable into a kind of emotional toolkit that can pragmatically help to integrate emotional awareness into daily living in ways that will enhance all aspects of who we are and who we wish to become. Drawing on her extensive 25 year career as a therapist, Jenny Florence's books are a journey of self-awareness, connecting the intelligence and creative capacity of our mind with emotional knowledge and understanding. She has a unique ability to talk about the complexities of our mind and emotions in a language that is accessible and without jargon. "We cannot change our past but we can change our relationship to our past. In doing so, we create change within our present, which changes the shape of our future. If we work on the premise that we are the source of change, it becomes clear that we will need to listen to ourselves without fear or judgment." Our emotions are a powerful, human commodity. They can be our strongest, most supportive ally or they can disable us, leaving us feeling blocked, out of control and in pieces. Jenny believes it is our ability to listen and decide that will make the difference between a breakthrough or a break down.

**Practical Theology** Jan 26 2022 Saint Thomas Aquinas has been admired throughout the ages for his philosophical brilliance and his theological sanity, but author and professor Peter Kreeft thinks the practical spiritual wisdom of Aquinas is just as amazing. In this book, Kreeft brings together 358 useful, everyday insights from Aquinas' masterpiece the Summa Theologiae. He pairs these easily digestible quotes from the Summa with his own delightfully written commentary in order to answer the kinds of questions real people ask their spiritual directors. These 358 passages from the Summa have helped Kreeft in his own struggles to grow closer to the Lord. His practical, personal, and livable advice is the fruit of his labors to apply the insights of Aquinas to his own quest for sanctity, happiness, and union with God.

*New Thought* May 30 2022 This book introduces New Thought, a more-than-a-century-old movement dedicated to the healing of body, pocketbook, and interpersonal relationships through persistent positive thinking and the acceptance of one's indwelling divinity. New Thought applies religious beliefs to solve the problems of daily living. Based largely on teachings from the Bible, it also incorporates Eastern wisdom and psychological principles. It is practical, spiritual, and distinctly American. The authors provide historical background, philosophical perspective, and new understanding. New Thought fulfills the contemporary hunger for a spirituality that promotes both the practice of the presence of God and health, wealth, and happiness here and now. This book is for everyone who wants to go deeper than most popular writing on spirituality and self-improvement, much

of which is indebted to New Thought. New Thought still is evolving; it may yet be the point at which religion, philosophy, and science come together as the most effective combination to move the world to greater peace, plenty, health, and harmony. Whether you accept New Thought or reject it, it is important to learn more about what New Thought is, where it came from, how it is evolving, and how to use it, if you wish. These topics are what this book is about.

*The Feng Shui of Abundance* Oct 23 2021 Money is more than a bank balance; it's a reflection of the overall abundance in your life. Now, a CPA and feng shui practitioner presents an unusual and valuable application of the ancient Eastern tradition of feng shui. Delving into all of the life forces that affect financial health, *The Feng Shui of Abundance* is not just a monetary makeover; it is a whole-being program whose benefits include:

- Locating the wealth area of your office or home
- Dislodging clogged energy in your career
- Drawing on the five currents of the "River of Gold" to address debt, personal spending, and your own potential for abundance
- Creating a financial plan that speaks to your dreams and desires

A liberating book for those who feel financially "trapped," and for anyone who wants to achieve his or her potential, *The Feng Shui of Abundance* incorporates all three feng shui aspects—wind, water, and energy—unleashing the forces that control true wealth, creating clearer harmony between your money, goals, and dreams. This is the perfect handbook for anyone seeking genuine peace of mind as well as financial prosperity.

**Positive Spirituality in Health Care** Jan 02 2020 "Positive Spirituality in Health Care" offers a fresh, holistic, and practical framework for the integration of spirituality in health care. Dr. Craigie proposes that excellent spiritual care arises from three arenas: the personal groundedness and spiritual well-being of clinicians, the clinical encouragement of patients' spiritual resources, and the organizational cultivation of spirited leadership and "soul." In an approachable and conversational tone, he presents case examples, interview transcripts, research perspectives, and pragmatic strategies that will enable readers to refine their skills in each of these three arenas. "Positive Spirituality in Health Care" will be a source of affirmation, refreshment, inspiration, and practical tools for all clinicians and health care leaders who are passionate about supporting patients' journeys toward healing and wholeness.

**Hajj & Umrah** Jun 18 2021 This book provides a clear and detailed description of how to perform Hajj and Umrah. It not only covers the legal aspects of the journey but the rational, spiritual, and historical aspects as well.

**Finding Joy** Nov 23 2021 Schwartz explores and explains how to find joy through a time-honored, creative approach based on the teachings of Jewish mysticism and Kabbalah.

*The Mindful Mother* Jun 26 2019 The first of its kind, this book will show mothers-to-be how to create an authentic practice of mindfulness to prepare for pregnancy,

labour, birth and the early parenting years. Full of gems and aha moments using simple and helpful tools and practices to keep you connected to yourself while looking after your family' Nadia Narain, Head of Pregnancy Yoga, Triyoga, London 'This is a book I highly recommend to mothers and mothers-to-be. It is like an insightful friend who understands deeply what becoming and being a mother really means' Janet Balaskas, Founder of Active Birth Chunalil offers unparalleled support along with clear and simple meditation and self-development practices based on Buddhist and yogic philosophy to help cultivate a daily practice of mindfulness, which will enable you to be more present during pregnancy, birth and beyond. Having a child has the potential to awaken your heart and bring infinite joy, wonder and delight into your life. Yet when you become a mother, alongside immense delight and excitement, you may also feel a great deal of internal turmoil and confusion, as well as a change or lack of sense of identity. Organised into clear, thematic sections, this book can be dipped into for emergency inspiration or read from cover to cover. It explores common mothering dilemmas with honesty and integrity, helping you to keep both feet firmly on the ground. Issues include: adjusting to having minimal personal time and space, coping with in-laws, managing the balance between work and home, finding stimulation within an often tedious home routine, and dissolving doubts and comparisons with other seemingly happy families. Most of all, *The Mindful Mother* teaches you to understand your true nature, so your mind is working with you, rather than against you.

**The Eight Masks of Men** Sep 29 2019 In today's rapidly changing society, the rules you learned as a child may no longer apply, causing you to experience restlessness and confusion. *The Eight Masks of Men: A Practical Guide in Spiritual Growth for Men of the Christian Faith* will encourage you to come out from behind your mask of solitude and loneliness--one of man's most obtrusive masks--and reach out for help and community. By answering questions commonly asked by men of various religious and personal backgrounds, this book will help you tune into your feelings, innermost thoughts, and that void you feel inside. As you become consciously aware of how the eight masks are a part of your being, you will recognize the true gift beneath each one. *The Eight Masks of Men* is the first book to combine historical, theological, and sociological perspectives with a practical approach for personal growth. To help you divest yourself of your inhibitions and experience inner harmony, it blends personal stories, humorous anecdotes, biblical research, and clinical information. The eight masks that men wear and what they hide that author Rev. Dr. Frederick G. Grosse explores include: mask: loneliness; hides: desire for community mask: rage and anger; hide: pain and hurt mask: compulsion; hides: desire for love mask: performance; hides: desire for acceptance mask: control; hides: desire for friendship mask: producing; hides: desire to just "be" mask: competition; hides: desire for humility mask: institutional religion; hides: desire for spiritual growth Don't let tragedy or desperation strike

before you commit to building a healthier relationship with yourself, the people important to you, and God. Men who feel out of touch with their spiritual sides, retreat and spiritual direction leaders, pastoral counselors, chaplains, marriage and family counselors, and members of the clergy will find in *The Eight Masks of Men* the inspiration and insight they need to guide themselves and one another to a season of union with God.

**The Psychic Mind** May 06 2020 *The Psychic Mind* is a practical psychic development book that will teach you how to reawaken and develop your psychic abilities available to you, including clairvoyance, aura reading, psychometry and much more, once you have awakened your psychic intuition, you will gain access to inner guidance that can help guide you to the right path in life to create the life you want to live and take control of your life to achieve ongoing success, fulfilment and happiness. \*\*\*In The Book You Will Learn\*\*\* • How the three minds work • How to reprogram the subconscious mind • Practical exercises to open and awaken the third eye chakra • Practical exercises for seeing, sensing, balancing and cleansing the Aura • Practical exercises for cleansing and balancing the chakras • How to balance mind, body and spirit • Deep breathing and meditation practices • How to do psychic readings for yourself & others • Practical psychic development exercises to develop the psychic senses

**The Findhorn Book of Practical Spirituality** Aug 09 2020 With the idea that spiritual ideas are at work in everyday life, this book identifies ten characteristics of people who practice spirituality in a down-to-earth way.

Practical Spirituality Oct 03 2022 Illustrative exercises, sample stories, and role-playing activities offer the opportunity for self-evaluation and discovery. Brief, unscripted reflections on the spiritual underpinnings of non-violent communication inspire readers to connect with the divine in themselves and others in order to create social relationships based on empathy.

**Finding Your Voice** Aug 28 2019 Holistic in its philosophy, "Finding Your Voice" offers easy-to-follow exercises for such preparatory measures as breathing and diction; it also ventures to teach readers to use singing as a metaphor for facing other challenges in their lives. Illustrations, exercises, and sheet music throughout.