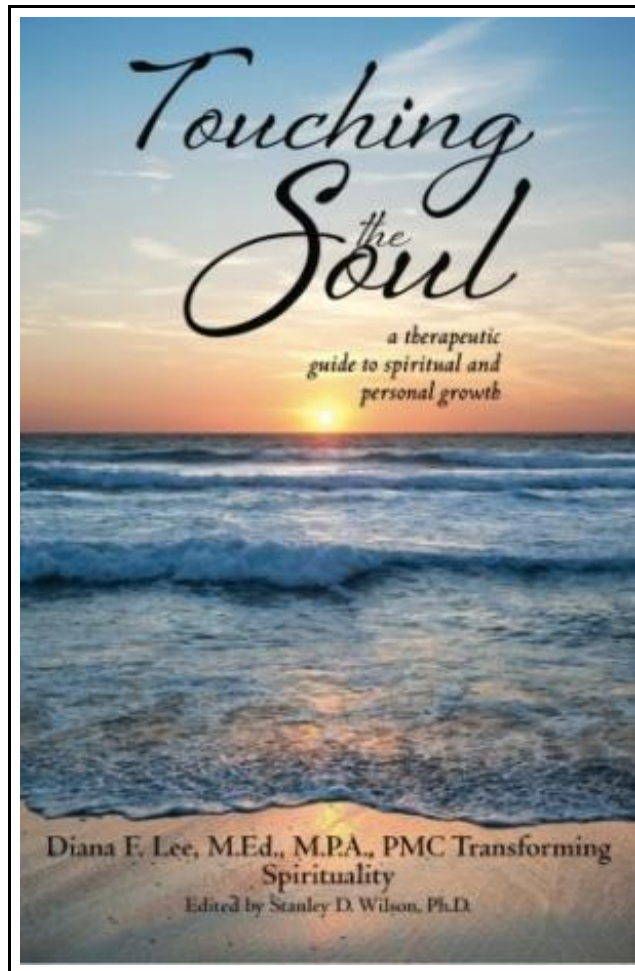


Touching the Soul (a Therapeutic Guide to Spiritual and Personal Growth)



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Reviews

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be play, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

(Rene Olson)

TOUCHING THE SOUL (A THERAPEUTIC GUIDE TO SPIRITUAL AND PERSONAL GROWTH)



Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 56 pages. Dimensions: 8.5in. x 5.5in. x 0.1in. Touching the Soul provides a positive, practical how-to guide to help readers learn a new spiritual imagery counseling technique to heal the soul. Readers will find this book easy to follow and inspiring. By numbering the steps in the processes, it breaks down a very complex technique into clear and manageable steps, making it easy for counselors, pastors, chaplains, spiritual directors, or psychologists (even those who are beginners) to apply the spiritual imagery in their own practices for individual or group therapy. The tone is conversational and welcoming, and the anecdotes and case study add a friendly, down-to-earth touch. Readers from a wide variety of spiritual backgrounds can use the book. This book is borne of working with grief in a way that honors the natural self-regulation of emotion (Blessed are they that mourn, for they shall be comforted Matt. 5: 4). Many clients come into counseling angry with God or their Higher Power either for what has happened or because their fervent prayers went seemingly unanswered. They experience a grievance with God and have not forgiven God for disappointing them. Counseling under such circumstances is typically associated with depression, anxiety, post-traumatic-stress-disorder, or all of the above. Some clients have done previous work on these issues, but remain stuck on anger, shame, guilt, or lack of ability to forgive others. These larger issues almost always come tinged with low self-esteem, distrust, and a sense of purposelessness or meaninglessness or both. This technique moves clients beyond where they have been stuck to a more productive and happy life. This item ships from La Vergne, TN. Paperback.



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