



Spiritual Resilience: 30 Days to Refresh Your Soul (Paperback)

By Robert J. Wicks

St Anthony Messenger Press, U.S., United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. We've all had times when bouncing back from the ordinary stress of daily life or an unexpected tragedy seems to be an insurmountable challenge. We need a way to recover resilience. If you're facing difficult times, Dr. Robert Wicks is here to help you regain your balance by discovering resources you may have been taking for granted. Through 30 daily reflections, you can gradually find your way back to a place of serenity and renewed energy. Wicks draws on the wisdom and insight of great teachers and healers throughout the ages, as well as the wealth of insight from the Scriptures to show how a renewed spiritual life can bring you to a place of psychological strength.



READ ONLINE
[6.86 MB]

Reviews

Complete manual! Its this type of excellent study. This can be for all who statte there was not a worth looking at. Your daily life span will probably be enhance when you complete reading this article pdf.

-- **Lottie Murazik Sr.**

It in just one of the most popular ebook. It usually fails to price an excessive amount of. You will not really feel monotony at at any moment of your time (that's what catalogues are for about when you check with me).

-- **Matteo Torp**