



## Simply Being: One Year with Spirit

By Pamela Silberman

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, Simply Being: One Year with Spirit, Pamela Silberman, Essentially, the whole of humanity asks the same questions about life and living. What is truth? How do i handle stress? Can i forgive? How do i heal my fears? Now "Simply Being" leads us through the answers in a way that is accessible, timely and absent of religious doctrine and dogma. Spirit's voice is persistant here, teaching all that indeed everyone can easily access and remember the inner wisdom of God's love. "Simply Being" has been assembled as a progressive workbook. It contains 52 weeks of inspired material followed by prompts for insight. These prompts encourage the reader to journal, ask questions and receive their own answers. Additionally, each weekly reading, includes practical exercises for hands on use of the material and affirmations to keep insights fresh daily. Writing this journal each day, the author found herself happier, more peaceful and willing to offer herself and others love, understanding and peace. In the practice of this book's material, she offers the same joy, hope and practical knowledge to whomever crosses its path. Pamela Silberman has been a recreation therapist and group counselor since...



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