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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.

Reviews

An extremely awesome publication with lucid and perfect explanations. It is actually written in basic phrases rather than confusing. You will like how the writer publishes this book.

-- **Melody Jakubowski**

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