

Wholeness Living - Bonaventura M. Balige

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Wholeness Living is about recognizing the power that exists within us, in others and in the Higher Power. When these powers are in harmony we experience growth in the sense of physical health, high self-esteem, high social interest, and high optimism. Therefore, wholeness living is the openness to the truth about the relationship with the physical self, the psychological self, others and the Higher Power. Based on years of clinical practice, academic research and personal investigation, Dr Bonaventura Balige's approach to leading a full, rich and happy life focuses on four main areas - the physical, the psychological, the social and the spiritual - any one or more of which can be at the root of our difficulties. In this book are lessons and heartfelt advice to help us address the issues interfering with our enjoyment of life. While it is true that life is often difficult, we have the tools to deal with any situation. Dr Balige shows us that every person has the power to create the wholeness that can see us through the storms of life. Author: Balige, Bonaventura M. Publisher: Mkuki Na Nyota Publishers Illustration: N Language: ENG Title: Wholeness Living Pages: 00000 (Encrypted PDF) On Sale: 2011-02-14 SKU-13/ISBN: 9789987080885 Category: Self-Help : Personal Growth - Happiness Category: Self-Help : Personal Growth - Self-Esteem

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