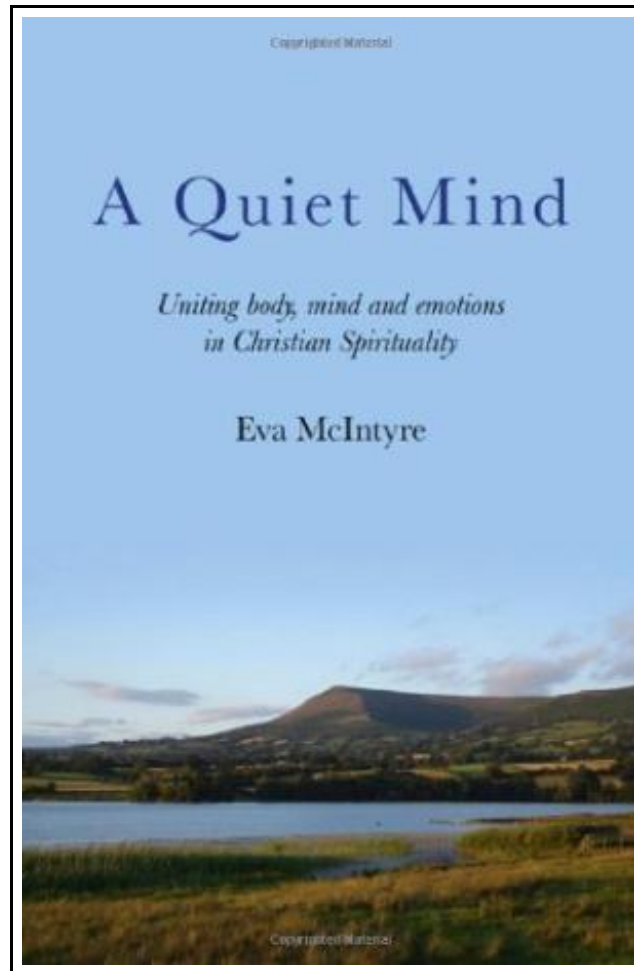


## A Quiet Mind: Uniting Body, Mind and Emotions in Christian Spirituality



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John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, A Quiet Mind: Uniting Body, Mind and Emotions in Christian Spirituality, Eva McIntyre, This book approaches issues of mental, emotional, physical and spiritual well being in a unique way within the Christian Tradition. It does so in an accessible and practical manner with techniques and exercises for the reader which have all been tried and tested by the author. Eva McIntyre weaves together personal story, psychology, theology and theatre skills to equip the reader to be able to reach that most desired yet elusive goal; peace of mind. The approach is that of encouragement and reassurance and you're not expected to get it right all at once. Nor is this a one size fits all programme. On the contrary; it provides the tools and permission for each person to find his or her own way to a quiet mind. A Quiet Mind tackles the dark corners of Christian tradition where it has been used to reinforce negative self image and lack of personal spiritual freedom. It encourages the reader to believe in her or his spiritual instinct and to use the techniques it contains to free the spirit from the constraints of dogma and self doubt.



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