

Addiction And Grace Love Spirituality In The Healing Of Addictions Gerald G May

Sober Mercies Seeds of Grace Surfing for God 12 Steps with Jesus Simply Sane Will and Spirit All Is Grace Thirst Love First The Wisdom of Wilderness Is It Love Or Is It Addiction The Dark Night of the Soul Surrendered - The Sacred Art Dear Church Alcoholics Anonymous Truth Spirit Love Daily Love Spiritual Simplicity Addiction and Recovery Amazing Grace Addiction Bible Study Don't Call It Love Breathing Under Water Today, Tonight, Tomorrow Coming Clean Prayer and Our Bodies The Book of Waking Up Pilgrimage Home Undeserved Merit Victims and Sinners The Last Addiction Grace in Addiction Praying for Those with Addictions Holy Hunger Shame and Grace Is God to Blame? Adam and Eve in Scripture, Theology, and Literature Climbing the Spiritual Mountain Addiction and Grace Healing the Wounds of Sexual Addiction Weeds Among the Wheat

Sober Mercies

In an honest, eloquent memoir, Episcopal priest Margaret Bullitt-Jonas describes a childhood darkened by the repressive shadows of her alcoholic father and her emotionally reclusive mother, whose demands for excellence, poise, and self-control drove their daughter to develop an incredible addiction to food.

Seeds of Grace

Discover the answer to our culture's need for simplicity and peace—by doing less and loving more. If you crave simplicity, yearn for peace and calm, this is the book for you. Author Chip Ingram goes beyond quick fixes and speaks to all of us who find it impossible to break free of our busy lifestyles, filled with too many good and important things that fill our schedules. The message of this book is simple: Spiritual simplicity will not be achieved by strategic attempts to control our lives and schedules but through doing less because we are able to love more. As you learn the practice of loving people, you will experience a shift from complex to simple, from hurried to peaceful, from “never enough time” to “time enough for those you love.” It's time to redirect our focus from the complex, overextended lifestyle that keeps us running but never arriving. In *Spiritual Simplicity*, learn how to “reorient your life around life. The result is a life whose priorities are so radically rearranged that” (Dave Stone, author of the *Faithful Families* series) lasting change is finally within your reach.

Surfing for God

12 Steps with Jesus

Church basements are curious places. Playing host to the vibrant world of 12 Step Recovery, they witness the sort of healing and redemption that would make those on the ground floor proud, and maybe even envious. Yet despite the Church and Alcoholics Anonymous both being in the business of bringing "hope to the hopeless," the two worlds seldom seem to interact. Packed with vivid illustrations, good humor, and practical wisdom, *Grace in Addiction* attempts to bridge this divide and carry the unexpected good news of AA out of the basement and into the pews--and beyond! Recommended for anyone who has struggled with addiction, knows someone who has struggled with addiction, or spent any time living and/or breathing.

Simply Sane

Will and Spirit

What is the difference between receiving the grace of God and accepting it? What does it take to accept this perfect gift from God and accept it as your own? Is it even possible to live completely in grace? *Undeserved Merit* tries to seek out the answers to these questions by diving into what the Word of God says about the grace of God and the supposed value that God gives His children. Robinson pours his journey of forgiveness and grace on these pages in hopes that it might impact anyone around the world and teach them how to invite Jesus into their suffering. Through mentorship, constant reading, and perpetually praying, he found that there was nothing that Jesus couldn't do. Including breaking down the internal barrier that he put up.

All Is Grace

Is God to blame? This is often the question that comes to mind when we confront real suffering in our own lives or in the lives of those we love. Pastor Gregory A. Boyd helps us deal with this question honestly and biblically, while avoiding glib answers. Writing for ordinary Christians, Boyd wrestles with a variety of answers that have been offered by theologians and pastors in the past. He finds that a fully Christian approach must keep the person and work of Jesus Christ at the very center of what we say about human suffering and God's place in it. Yet this is often just what is missing and what makes so much talk about the subject seem inadequate and at times even misleading. What comes through in *Is God to Blame?* is a hopeful picture of a sovereign God who is relentlessly opposed to evil, who knows our sufferings and who can be trusted to bring us through them to renewed life.

Thirst

More information to be announced soon on this forthcoming title from Penguin USA.

Love First

The Twelve Steps of Alcoholics Anonymous is America's most significant and authentic contribution to the history of spirituality, says Richard Rohr. He makes a case that the Twelve Steps relate well to Christian teaching and can rescue people who are drowning in addiction and may not even realize it. To survive the tidal wave of compulsive behavior and addiction, Christians must learn to breathe under water and discover God's love and compassion. In this exploration of Twelve Step spirituality, Rohr identifies the Christian principles in the Twelve Steps, connecting The Big Book of Alcoholics Anonymous with the gospel. He draws on talks he has given for over twenty years to people in recovery and those who counsel and live with people with addictive behavior. Rohr offers encouragement for becoming interiorly alive and inspiration for making one's life manageable for dealing with the codependence and dysfunction (sin) rampant in our society.

The Wisdom of Wilderness

“Mark has eloquently unraveled the mystery behind addictive behavior: when our relationships are not alive and growing, the temptation for various kinds of addictions is unleashed..”—Dr. Gary Smalley With today’s rampant availability of Internet pornography, sexual addiction has become a national epidemic that affects up to 10 percent of Christians. As devastating as any drug habit, it brings heartbreak and despair to those it entangles. But there is help for men and women caught in sexual addiction’s downward spiral. This book offers a path that leads beyond compulsive thoughts and behaviors to healing and transformation. Sensitive to the shame of sexual addiction without minimizing its sinfulness, Dr. Mark Laaser traces the roots of the problem, discusses its patterns and impact, and maps out a biblical approach to self-control and sexual integrity. Previously titled Faithful and True, this revision includes an all-new section that deals with sexual addiction in the church. Other important changes reflect cultural trends, incorporate current research, and place a greater emphasis on spiritual growth. This book also addresses the unique needs and issues of female sex addicts. Whether you know someone with a sexual addiction or struggle yourself, Healing the Wounds of Sexual Addiction points the way to understanding, wholeness, and holiness.

Is It Love Or Is It Addiction

Companionship for the lifelong journey of recovery In *Addiction and Recovery: A Spiritual Pilgrimage*, Martha Postlethwaite--pastor and a person in recovery--reflects on her pilgrimage of healing through valleys of despair and vistas of resurrection. *Addiction and Recovery* is not just Postlethwaite's story, though. She also draws on the wisdom of pilgrims who have walked other paths to explore themes such as surrender, truth telling, shame, powerlessness, grace, forgiveness, and resurrection. Together, these chronicles bring hope to people who struggle with the disease of addiction and to those who love them. Each chapter ends with questions to reflect on with conversation partners or in a journal, and a spiritual practice. The spiritual practices are related to the chapter themes and serve as samplers, but they can be woven into the reader's own pilgrimage. Readers will recognize themselves in these stories and reflections, learn that they are not alone, and find reasons to hope as they make their own pilgrimage.

The Dark Night of the Soul

This is a guide for spiritual mountain climbers. In the Scriptures, connecting with Abba often leads to a mountain. Modern spiritual writers have long recognized this scriptural metaphor and explored the nature of this journey of ascent. Drawing on the text of the Bible, works of literature, and the writings of mystics both old and new, *Climbing the Spiritual Mountain* speaks of the desires and intentions, discipline, and effort involved in developing our intimacy with Christ. In Jesus' dealings with people in the Gospels, he draws them up the spiritual mountain through dialogue and questions. Like Socrates of old, his teaching method probes our thinking, knowledge, and motives. In the process, he stimulates our longing and desire to reach the summit. There are challenges, hurdles, and difficult choices to make as we climb the spiritual mountain. But the reward--approaching the beautiful One who is our Abba--far outshines any sacrifice we may make on the climb.

Surrendered - The Sacred Art

Addiction and Grace offers an inspiring and hope-filled vision for those who desire to explore the mystery of who and what they really are. May examines the "processes of attachment" that lead to addiction and describes the relationship between addiction and spiritual awareness. He also details the various addictions from which we can suffer, not only to substances like alcohol and drugs, but to work, sex, performance, responsibility, and intimacy. Drawing on his experience as a psychiatrist working with the chemically dependent, May emphasizes that addiction represents an attempt to assert complete control over our lives. *Addiction and Grace* is a compassionate and wise treatment of a topic of major concern in these most addictive of times, one that can provide a critical yet hopeful guide to a place of freedom based on contemplative spirituality.

Dear Church

Outside of the city and suburbs, the natural world has a power to inspire the best and soothe the worst within each of us. It has much to teach us about the wilderness within, and about the "greater power" manifest in the sublimity of nature. In this his last work, beloved author Gerald May offers a memoir and spiritual guide which reveals the great lessons available to us when we retreat from our busy lives to the serenity of the natural wilderness

Alcoholics Anonymous

This book is for pastoral counselors, clergy, laypersons, and recovery group members wanting to reassess addiction recovery from a theological perspective. It offers a wake-up call to the church to establish recovery groups.

Truth Spirit Love

We all have our habits to "help" when life gets hard. Yet there's only one force that can offer us true healing from life's pain. Join award-winning writer Seth Haines in *The Book of Waking Up* for a guided experience into the Divine Love of God that transforms a life. The inevitable pain of life gives us many reasons to check out - and many ways to do it. Alcohol, entertainment, pills, shopping, porn, chasing success, cashing checks, and collecting social media "likes" - these and so many other things anesthetize us from the wounds of everyday living. As Seth Haines wrote in his award-winning book, *Coming Clean*, "We're all drunk on something." In his compelling follow-up, *The Book of Waking Up*, Seth invites you into the story of healing. He invites you to see your coping mechanisms for what they are - lesser lovers, which cannot bring the peace, freedom, and wholeness you crave. Through guided reflections, sustainable soul practices, and stories from Seth's life and others, *The Book of Waking Up* invites you to wake to your coping mechanisms, find the why behind your pain, and walk into the Divine Love of God. As Seth writes, "Addiction is misplaced adoration." Now, join him on a journey toward the only Love worth adoring, the only Love that cures a soul. Join him on the journey to waking up.

Daily Love

It has been over twenty years since the publication of *The Ragamuffin Gospel*, a book many claim as the shattering of God's grace into their lives. Since that time, Brennan Manning has been dazzlingly faithful in preaching and writing variations on that singular theme - "Yes, Abba is very fond of you!" But today the crowds are gone and the lights are dim, the patches on his knees have faded. If he ever was a ragamuffin, truly it is now. In this his final book, Brennan roves back his past, honoring the lives of the people closest to him, family and friends who've known the saint and the sinner, the boy and the man. Far from some chronological timeline, these memories are witness to the truth of life by one who has lived it - All Is Grace.

Spiritual Simplicity

Where do you turn for hope when you already have the answer--but the answer isn't working? As a long-time Christian, Heather Kopp never expected to become an out-of-control alcoholic who kept private stashes of booze all over the place--tucked behind books in her study, zipped into a special compartment in her oversized purse, at the back of her closet stuffed inside her boots. Even as her career and marriage teetered on the brink, Kopp couldn't get a grip, desperately hiding the true extent of her drinking from the rest of the world--her husband included. During the day she wrote books about God and prayer and family. At night she'd locked herself in her bathroom to guzzle chardonnay. For her, as for many Christians who struggle with addiction, overwhelming shame and confusion only made things worse. Why wasn't her faith enough to save her? Why didn't repentance, Bible reading and prayer work? Where was God? Meanwhile, as she watched in horror, her grown son descended into his own nightmare of drugs and alcohol. She feared for his life, yet she couldn't stop drinking long enough to help him--or find a way out for herself. Until the day everything changed. Engaging, funny and bracingly honest, Kopp shares her remarkable journey into darkness and back to the light again. Her story reveals the unique challenges and spiritual conundrums Christians face when they become ensnared in an addiction, and the redemption that's possible when we finally reach the end of ourselves. If you love Jesus but shop too much, drink too much, eat too much, crush on men who aren't your husband, or otherwise fixate on doing things you hate but can't stop doing, *SOBER MERCIES* is for you. As you follow Kopp's sincere, stumbling journey toward freedom and a deeply satisfying relationship with God, you'll find renewed hope--and practical steps of recovery--for your own journey.

Addiction and Recovery

Google Play Family Library is a feature that allows up to 6 family members to share access to purchased Google Play content. On Google Play Books, when one user buys a book, other members in the family group can read that book on their own devices, using their own Google accounts. In the countries where Family Library is available, all members who comprise a family group must reside in the same country. A family manager, who must be 18 years or older, is responsible for adding or removing family group members. Each member can only be part of one family group at a time, and can only switch family groups once per year. If you have additional questions, please read more about Google Play Family Library.

Amazing Grace Addiction Bible Study

In an age of tell-all addiction memoirs and reality television programs, we gulp down the stories of others in the hope that we, too, can be overcomers--even as we continue to love a person, substance, activity, or ideology too much. As Sharon Hersh writes, "We all suffer from the same condition." In *The Last Addiction*, she explores why we are prone to addiction--to

make one thing in our lives more central than it should be—and how we can break free of our compulsions. This is not a book of “self-help” answers or “how-to” steps. It is a book about falling down and getting up again, about realizing that we need more than ourselves to be saved. The truth is, we’re not as bad as we think we are—and we are worse than we ever dreamed. When we live between those two realities, we are ready to let go of the last idol: the belief that we can save ourselves. The Last Addiction invites you to see your own story more clearly as you better understand your longing for intimacy. It invites you to love boldly and receive love in return. It invites you to the freedom of redemption. From the Trade Paperback edition.

Don't Call It Love

This book explores the path of recovery. James Nelson writes, as he lives, with a very special blend of insight, wisdom, humor, and humility. Sobriety sustainers and spirituality seekers will be encouraged and enlightened by his work.

Breathing Under Water

Lenny Duncan is the unlikeliest of pastors. Formerly incarcerated, he is now a black preacher in the whitest denomination in the United States: the Evangelical Lutheran Church in America (ELCA). Shifting demographics and shrinking congregations make all the headlines, but Duncan sees something else at work—drawing a direct line between the church's lack of diversity and the church's lack of vitality. The problems the ELCA faces are theological, not sociological. But so are the answers. Part manifesto, part confession, and all love letter, Dear Church offers a bold new vision for the future of Duncan's denomination and the broader mainline Christian community of faith. Dear Church rejects the narrative of church decline and calls everyone—leaders and laity alike—to the front lines of the church's renewal through racial equality and justice. It is time for the church to rise up, dust itself off, and take on forces of this world that act against God: whiteness, misogyny, nationalism, homophobia, and economic injustice. Duncan gives a blueprint for the way forward and urges us to follow in the revolutionary path of Jesus.

Today, Tonight, Tomorrow

This revised and expanded edition of the most popular and effective book on intervention features enhanced tools and techniques to help loved ones face addiction. A standard-setting book on intervention, Love First has helped tens of thousands of families, friends, and professionals create a loving and effective plan for helping those who suffer from addiction. This revised and expanded edition adds to the core material in this classic book with the most up-to-date scientific information and new intervention techniques for alcohol and other drug addictions—and an array of disorders.

Coming Clean

To live the surrendered life--a life no longer centered on control and hence no longer at odds with the ordinary suffering of everyday living. Rabbi Rami closely examines the first three steps of Twelve-Step recovery to help us cut through the denial, illusions, and falsehoods that bind us in our fight with addictions of all kinds. He draws upon his half-century engagement with Christianity, Judaism, Buddhism, Taoism, Hinduism, and Islam, as well as his own and other people's struggles in Twelve-Step recovery, to guide us in our awakening to reality's freedom and the path to living joyously and well.

Prayer and Our Bodies

In new chapters Dr.May talks about his own journey along the trail connecting psychology and spirituality during the past seventeen years, and offers fresh new insights on trust, solitude, and prayer.

The Book of Waking Up

A Proven Path to Move from Shame to Healing If you persistently feel you don't measure up, you are feeling shame—that vague, undefined heaviness that presses on our spirit, dampens our gratitude for the goodness of life, and diminishes our joy. The good news is that shame can be healed. With warmth and wit, Lewis B. Smedes examines why and how we feel shame, and presents a profound, spiritual plan for healing. Step by step, Smedes outlines the road to well-being and the peace that comes from knowing we are accepted by the grace of One whose acceptance of us matters most.

Pilgrimage Home

This book explores the narrative of Adam and Eve, its transformation into the doctrine of original sin, its power to stimulate reflection on the meaning of human life, its amazing persistence in literature, and its ability to evoke compassion and forgiveness.

Undeserved Merit

Now in paperback: a distinguished psychiatrist, spiritual counsellor and bestselling author shows how the dark sides of the spiritual life are a vital ingredient in deep, authentic, healthy spirituality. Gerald G. May, MD, one of the great spiritual teachers and writers of our time, argues that the dark 'shadow' side of the true spiritual life has been trivialised and

neglected to our serious detriment. Superficial and naively upbeat spirituality does not heal and enrich the soul. Nor does the other tendency to relegate deep spiritual growth to only mystics and saints. Only the honest, sometimes difficult encounters with what Christian spirituality has called and described in helpful detail as 'the dark night of the soul' can lead to true spiritual wholeness. May emphasises that the dark night is not necessarily a time of suffering and near despair, but a time of deep transition, a search for new orientation when things are clouded and full of mystery. The dark gives depth, dimension and fullness to the spiritual life.

Victims and Sinners

Turn trauma into power. To be human is to be in crisis. From our first breath, we trade the warm, loving embrace of the womb for the harsh realities of a situation we can't possibly control. We seek solace from our suffering and look for wisdom outside the confines of dogma, but soon we're drowning in vague spiritual lingo - intention, higher self, attraction, vibration - that's poetry at best and manipulation at worst. We become so stuffed up with ideas of what is spiritual - doing vinyasas, attending seminars, being vegan - that we leave no room for Grace, that uncontrollable, benevolent power that wants to enter the world through and as you. For Grace to unfurl in your life, you need to shake your foundations so the soil loosens, allowing devastating catastrophes to become wondrous opportunities. Spirituality isn't about averting crises; it's about making the cycle from crisis to Grace a little less bumpy. By identifying the patterns in your life, you'll be able to figure out how to relax, find your power, learn from your difficulties, and allow Grace to enter. Mastin Kepp knows a thing or two about the crisis-to-Grace cycle. In a matter of weeks, he went from being a hard-partying, 21-year-old vice president at a Hollywood record company to an unemployed, drug-addicted college dropout living in the tiny pool house of his ex-girlfriend's parents. From rock bottom, he began his spiritual journey, learning from teachers like Tony Robbins, Joseph Campbell, and Caroline Myss, and his message of self-acceptance and service grew into his popular website, TheDailyLove.com. He offers no fancy degrees, just his life and his scars, which form a road map to help guide you through the uncertainty that lies ahead, marking where the cliffs are slippery, where the sun burns hot - and where Grace blossoms. Praise for dailylove 'I've watched Mastin transform from rock bottom to someone who turned his life around and is making a massive impact on the world. His book, Daily Love- Growing into Grace, is an inspiring story about the power of truly being committed to improving the lives of others, no matter what may come.' Tony Robbins 'Daily Love is the powerful story of one man turning his life around and sharing the lessons he learned along the way. In it, Mastin Kepp emerges as a leader for a younger generation- for those who long to live lives that are more passionate and more soulful. His journey from crisis to grace is an inspiration.' Arianna Huffington, President and Editor-in-Chief of the Huffington Post Media Group 'Daily Love- Growing into Grace guides you through Mastin Kipp's fresh and inspiring journey from rock bottom to soulful success. This book will empower a new generation of thought leaders, pushing them to be tomorrow's conscious change-makers.' Kris Carr, New York Times Best-selling Author of Crazy Sexy Kitchen 'Mastin Kipp is a modern-day mystic. By fearlessly sharing

his own story of personal growth, Mastin guides readers to create change and step into their power. Daily Love is a transformational book for anyone seeking a life filled with grace.' Gabrielle Bernstein, New York Times Best-selling Author of Miracles Now

The Last Addiction

"Dr. Patrick Carnes is a creative, pioneering, and courageous human being. His books are changing the lives of thousands!" "I lost three marriages, all because of affairs." "I became suicidal because of multiple intense involvements." "I spent money on sex when I needed it for children's clothes." "I lost promotion opportunities and a special scholarship because my co-workers found out about my sex life." Every day they face the possibility of destruction, risking their families, fiances, jobs, dignity, and health. They come from all walks of life: ministers, physicians, therapists, politicians, executives, blue-collar workers. Most were abused as children--sexually, physically or emotionally--and saw addictive behavior in their early lives. Most grapple with other addictions as well, but their fiercest battle is with the most astounding prevalent "secret" disorder in America: sexual addiction. Here is a ground-breaking work by the nation's leading professional expert on sexual addiction, based on the candid testimony of more than one thousand recovering sexual addicts in the first major scientific study of the disorder. This essential volume includes not only the revealing findings of Dr. Carne's research with recovering addicts but also advice from the addicts and co-addicts themselves as they work to overcome their compulsive behavior. Positive, hopeful, and practical, Don't Call It Love is a landmark book that helps us better understand all addictions, their causes, and the difficult path to recovery.

Grace in Addiction

Uses personal examples, illustrations from Scripture, and twenty years of counseling experience to explain how porn struggles begin, what to do to prevent them, and how to overcome them once compulsive behavior presents itself.

Praying for Those with Addictions

"A rich book covering many areas of human experience. . . . For the person looking for an intelligent and clear presentation of the relationship between psychological and spiritual growth, this is the book to read.'--America

Holy Hunger

Shame and Grace

Offers advice & a practical guide to making relationships work

Is God to Blame?

“I suppose we’re all drunk on something.” Seth Haines was in the hospital with his wife, planning funeral songs for their not-yet two-year-old, when he made a very conscious decision: this was the last day he ever wanted to feel. So he asked his sister to smuggle in some gin, and his addiction began. But whether or not you’ve ever had a drop to drink in your life, we’re all looking for ways to stop the pain. Like Seth, we’re all seeking balms for the anxiety of what we believe is an absent God—whether it’s through people-pleasing, shopping, the internet, food, career highs, or even good works and elite theology. We attempt to anesthetize our anxiety through addiction—any old addiction. But it often leaves us feeling even more empty than before. In *Coming Clean*, Seth Haines writes rawly through the first 90 days of a work of sobriety, illuminating how to face the pain we’d rather run from, and even more importantly, how Jesus meets us there. Because it is only when we face our anxieties with the tenacity and tenderness of Christ’s passion that we truly discover that we are indeed clean, surrendered, and whole.

Adam and Eve in Scripture, Theology, and Literature

The current success rate for addiction treatment is less than 30 percent, which means that 7 out of 10 recovering addicts are not being cured of the so-called disease of addiction. Why doesn't treatment work? The answer is simple - addiction is not a disease. In fact, the mainstream mythology of Once and addict, always and addict falls apart upon close inspection. Therefore addictive behaviors must be evaluated within the context of not sickness but sin. Through the study of the Bible, so-called addicts can learn how to achieve forgiveness of their sins and deliverance from their addictions by offering their hearts, minds, and bodies to Jesus Christ. They can then be taught how to take advantage of the powerful indwelling presence of the Holy Spirit to wage war against their persistent addictive thoughts. Ultimately, this study has been designed to help substance abusers to focus their minds on God (instead of chemicals) in order to subdue their stubborn cravings for the seductive forbidden fruit of intoxication.

Climbing the Spiritual Mountain

Father Green tackles a serious subject-discernment-and provides a clear, highly readable explanation for all Christians, in all walks of life. An invaluable tool for all who are called in their individual and communal lives to discern what God's will is

in very concrete terms.

Addiction and Grace

I have experienced two of the most profound experiences God offers us on this earth: the overwhelming joy of adopting children, and the overpowering grief of losing a child from the tragedy of heroin addiction. In this book, I have placed everything my heart holds. This book chronicles my journey through His Word, until finally, I too am set free.

Healing the Wounds of Sexual Addiction

Don Williams powerfully relates in 12 Steps with Jesus that by allowing Jesus to fill the emptiness that leads to addictive behavior, readers can leave addiction in the dust! Churches must lead people to dependence on Jesus. When we give ourselves wholly to Christ, He will fill us wholly, replacing the hollowness that results in addictions. In twelve practical steps, Williams reveals how to achieve spiritual fulfillment in Christ, discover freedom from addiction, and embrace the abundant life that God promises to all of His followers.

Weeds Among the Wheat

Be ready for healing and heightened awareness to be sparked as you embark on a journey into the true nature of healing. You will discover knowledge that has the power to transform your life. There is truth, spirit and love sprinkled throughout these pages. This high-vibration healing energy will resonate deeply and reconnect you with your own spirit. Let this essential healing guide be your new companion. Healing expert Dawn Grace Kelly shares with you simple yet powerful techniques that will support you to truly heal on every level of your being. With a history of codependancy, addiction and abuse Dawn has been on a courageous journey experiencing first-hand what it takes to truly heal. In this often deeply personal book you too will discover techniques to support yourself to evolve. In this powerful healing guide you will learn: The 12 steps to real healing. How to connect with your intuition. How to raise your vibration. How to be with strong emotions for powerful shifts. How to forgive yourself and others. How to hear what your pain wants to communicate. How to stay present in your body. How to feel ease within challenging relationships. "For those on a journey of healing and personal growth, 'Truth Spirit Love' provides everything you need to assist you on your path. Dawn Grace Kelly offers a wide variety of tools combined with valuable insight and advice and she delivers it in a very practical and easy-to-understand way. 'Truth Spirit Love' really, truly is - an essential guide to healing!" Michelle Buchanan, Hay House author of The Numerology Guidebook. Dawn Grace Kelly is a spiritual teacher, intuitive and healer who has been working with clients and students for 26 years. Her proven techniques have helped thousands of people transform their lives and are now available to you in this

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