

SENSE ABILITY

Expanding Your
Sense of Awareness
for a Twenty-first-
Century Life

DORIS WILD HELMERING

**Sense Ability Expanding Your Sense Of Awareness For A
Twenty First Century Life Isbn 0688178014**

Doris Wild Helmering



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Sense Ability Doris Wild Helmering, 2000-06-08 Based on years of experience with patients psychotherapist Helmering teaches readers how to develop their senses of awareness by understanding emotions and by becoming impartial observers of the self She presents critical questions readers must resolve within themselves in order to unleash their highest powers
Line drawings

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