

# **Shortcut To Spirituality**

Andrzej K. Jastrzębski

#### **Shortcut To Spirituality:**

Shortcut to Spirituality Bob Gottfried,2004-04 What if you could achieve inner peace right now regardless of your life circumstances Shortcut to Spirituality Mastering the Art of Inner Peace is a non fiction manuscript based on the author s clinical work Unlike many spirituality and self help books this book goes beyond information to offer a multi dimensional approach that can save years of searching for inner serenity compared with either mediation or psychological techniques alone The book offers an array of significant life lessons introduced in a fresh and innovative way from resolving stress anxiety and depression to dealing with difficult people conflicts and complex emotions such as anger and grief It describes a unique process to cope with various health problems as well as death and dying Most significant it approaches these issues from a practical result driven perspective not usually associated with spiritual writings Many spiritual books are based on a special personal experience Others reflect traditional religious principles or Eastern philosophies In contrast Shortcut to Spirituality is based on the author's clinical experience as a therapist interacting with thousands of real people about daily challenges The book also discusses a number of controversial topics which readers will find stimulating and challenging

Shortcuts to Mindfulness: 100 Ways to Personal and Spiritual Growth Catherine Auman LMFT, 2014-07-06 Wake up to calmness and clarity with simple mindfulness meditations and stories Can t find time to meditate You can easily calm and center yourself with this collection of short essays by Catherine Auman Licensed Marriage and Family Therapist LMFT By reading this book you will experience mindful awakenings about spirituality your relationships love tantric sex how to become a better person Easy and enjoyable to read Shortcuts to Mindfulness offers simple but powerful stories and essays that will positively impact every area of your mental and physical health from productivity and focus to relief from stress and anxiety better sleep mind blowing sex personal relationships the benefits are limitless. The result More headspace less stress Catherine brings this ancient practice into the modern world tailor made for the time starved among us Yoga Journal ,1983-07 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition Jastrzebski, 2022-09-14 Integrating Spirituality into Counseling uses the Christian tradition as a starting point for developing a universal frame of reference and is predominantly based on an existential approach to counseling one that is applicable to several faith traditions as well as spiritual but nonreligious audiences. The chapters of this book proceed from the theoretical toward the more practical in a logical fashion allowing a clear distinction between different topics starting from meta reflection and finishing with practical applications The design of the book allows students to focus on whatever is of importance to them each chapter is self contained and can be read independently of the others Integrating Spirituality into

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understand that wisdom is not a destination but a journey itself It is a process of continual learning growth and transformation It is a journey that invites us to embrace our own vulnerability to question our assumptions and to open ourselves up to the infinite possibilities of life This book is an invitation to embark on your own quest for wisdom It is a guidebook for the seeker a roadmap for the journey of self discovery With honesty vulnerability and a willingness to embrace the unknown you will find the path that leads to true wisdom a path that is uniquely yours If you like this book write a review

A Spiritual Heritage Glen Schuknecht, Ellen Bragg, 2017-10-24 A guide for raising children to be Christ following adults and parents With three adult children eleven grandkids and over forty five years in Christian education Glen and Ellen Schuknecht are asked a lot of parenting questions But the most common question is always How do I raise my kids to love God and love family even after they we left my nest The truth is that all the rules in the world will do nothing if parents don t reach their kids hearts Through compelling insightful stories from parents and grandparents who ve been in the trenches the Schuknechts demonstrate why that heart level connection is so crucial in building long lasting connected relationships with a foundation of Christ These stories are intertwined with ideas tips and biblical truths any parent can engage with including a parent coaching questionnaire to help readers build a more connected parenting style. The authors fresh approach empowers parents to find their own vision for their families tailor made to their children and their circumstances There s no magic formula here just truth grace and hope instead of to do lists Glen and Ellen come alongside fellow parents and grandparents to help them find the ideas they crave the hope they need and the grace they must have to raise passionate and God Shortcuts to God Gerald G Jampolsky M D, Gerald G. Jampolsky, 2013-08-22 More than connected future generations twenty years after the publication of LOVE IS LETTING GO OF FEAR best selling author Gerald Jampolsky brings us the highly anticipated seguel In SHORTCUTS TO GOD Dr Jampolsky sheds light on the human longing to be closer to the mystical parts of our lives and teaches us to abandon our fears and embrace honesty forgiveness and love When asked why the sequel has been so long in coming Dr Jampolsky explained that learning about love can be a lifelong expedition one that has continuous cycles of hardship fulfillment and revelation each of which builds on the past to shape the self Fortunately for the rest of us Dr Jampolsky has emerged from his own spiritual journey much the wiser and ready to share the insights and revelations he s gleaned along the way SHORTCUTS TO GOD will jump start your journey to love and spirituality whether you re just starting down the path or well on your way to enlightenment **Touchstones** Anonymous, 1986-07-01 Don t let life discourage you everyone who got where he is had to begin where he was R L Evans One cannot always be a hero but one can always be a man Johann Wolfgang von Goethe tells us but sometimes simply being a man can be a mighty struggle Take heart from this companionable book of daily meditations a year s worth of friendly words to cheer you on your way Speaking straight to men who are striving for serenity or trying to maintain emotionally and spiritually balanced lives these daily touchstones begin with quotations from sources as varied as William Shakespeare Wendell Berry Michael Spinks and Woody

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