

## Soul in Training (Paperback)



### *Soul in Training*

Alice Gravelle Kann

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Soul in Training is the distillation of a life s work spent exploring a way, a path, to personal inner harmony in the chaotic, materialistic 21st century world. It was written expressly for those who, much like the author, seek a rationale for a full life free of self-doubt and capable of loving and being loved. While it speaks to those happy in a traditional religion, its greatest power is in meeting the spiritual needs of the millions of disaffected, the 20 percent of Americans who told a 2012 Pew survey that they have found neither succor nor a truth that makes sense to them in organized religion. Soul in Training is the true-life memoir of a young mother who raised two children on her own, started and ran a successful business, survived cancer and heart surgeries and a major auto accident in her mid-years - she was struck down just weeks after one life-saving cancer operation - yet thrived! The secret of how she managed to survive and grow was in becoming aware of her personal connection to God, whom she calls Spirit, the inner core within all human beings which nurtures, nourishes and enriches each of us.if we can only learn to make it a conscious part of our lives. Alice Gravelle Kann mentors the learning process here in a down-to-earth coherent pattern of prayer and meditative prose she developed, leading to her own self-fulfillment. Each of the chapters in the opening section of Soul begins with a significant, often devastating, happening in the author[s life - which might occur in any reader s life - and is followed by responsive and insightful self-study and...

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