



## Becoming Yourself: The Journey from Head to Heart (Revised and Expanded Edition)

By Jan Engels-Smith

Createspace, United States, 2014. Paperback. Book Condition: New. Revised, Expanded. 229 x 152 mm. Language: English . Brand New Book. Becoming Yourself is a powerful, innovative and comprehensive spiritual guide for a life-changing journey in the quest for self-awareness. --iUniverse In her book, Becoming Yourself: The Journey From Head to Heart, author Jan Engels-Smith shows you how to incorporate the creative heart and soul powers into the process of Western rational thought of self-analysis. The results are a journey towards complete self-awareness - one that ultimately integrates the total self - mind, heart and soul. The revised and expanded edition of the book contains numerous new teachings and spiritual insights. While a number of books address the individual s need to connect with one s spiritual nature, Becoming Yourself shows how to connect to it and to use this energy to restore wholeness. Jan s book conveys spiritual lessons through personal accounts and offers proven healing methodologies and exercises based on her decades of experience as a science teacher, counselor-psychologist and energy medicine practitioner. Jan seeks to intertwine physical, emotional and mental concepts and convey them with warmth and support. This creates a powerful, practical and comprehensive guide that enlightens...



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