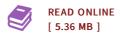




# Becoming Yourself: The Journey from Head to Heart (Revised and Expanded Edition)

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...



### Reviews

The most effective book i at any time read through. It is definitely simplistic but surprises in the fifty percent from the ebook. Your daily life span will probably be enhance once you full reading this ebook.

-- Jules Dietrich V

This book is really gripping and fascinating. I really could comprehended almost everything using this published e book. I am just very easily can get a delight of reading a published publication.

-- Kailey Pacocha

# Other PDFs



#### Read Write Inc. Phonics: Yellow Set 5 Storybook 7 Do We Have to Keep it?

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 211 x 101 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....



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paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: 2012-02-01 Pages: 33 Publisher: Chemical Industry Press Welcome Our service and quality to your satisfaction. please tell your...



## Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



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paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date: 2012-05-01 Pages: 247 Publisher: Jilin Publishing Group title: new era Chihpen woman must-read books: Zhiben the woman financial...



# I Wish My Teacher Knew: How One Question Can Change Everything for Our Kids (Hardback)

The Perseus Books Group, United States, 2016. Hardback. Book Condition: New. 210 x 140 mm. Language: English . Brand New Book. One day, third-grade teacher Kyle Schwartz asked her students to fill-in-the-blank in this sentence: I wish my teacher knew . The...



## The Best Christmas Ever!: Christmas Stories, Jokes, Games, and Christmas Coloring Book!

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Christmas Stories, Jokes, Games, Activities, Coloring Book and More! Christmas is almost here and the excitement is all...