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## Prayerfulness: Awakening to the Fullness of Life (Paperback)

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By Robert J. Wicks

Ave Maria Press, United States, 2011. Paperback. Book Condition: New. 175 x 130 mm. Language: English . Brand New Book. Blending insights from Christian contemplative practice and Buddhist mindfulness, Dr. Robert J. Wickswell-known speaker, therapist, and spiritual guideintroduces what he calls prayerfulness, a way of being truly in the present to experience God and life in dynamic new ways. Wicks offers a rich array of insights including seven practical steps, a thirty-day retreat, and a Spiritual Mindfulness Questionnaire. This creative combination of ancient wisdom and contemporary psychology is designed to help readers develop a loving, clear, and spiritually balanced outlook.



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