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Bits Pieces: A Powerful Extraordinary Continuous Healing Journey. (Paperback)

By Janet Southall Connell

Balboa Press, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Bits Pieces has been a tool for understanding myself-a more peaceful me. Writing this book has allowed me to open doors to discover more of who I am. I have had experiences, shifted ideas, sorted facts, discovered some of my beliefs and brought together some of my ideas about biology and spirituality. My hope is that others might find more self-understanding, more self-realization from sharing my story. We just might discover we are more alike than different. I was feeling so crazy, detached and miserable, with anxiety galore. About three years ago I was searching for a feel-better place. Among all the modalities I tried, I walked into a Center for Spiritual Living, thinking this might be an answer. At the time it was an unconscious choice, walking this spiritual path, but now it s a conscious choice. I knew I didn t like feeling this crazy, and that was a motivator for me, an inertia buster, as I call it. I have had shifts of consciousness, observed different viewpoints and I have totally changed my ideas of how things work. A...



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