



Tearful Bottles: 40 Spiritual Meditations for the Anxious and Depressed

By Gregory L Denton

Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Millions worldwide suffer from some sort of mental illness. Healing meditations calm and restore the mind, directing self into wholeness. From an inter-religious approach, this is an alternative treatment for clinical and non-clinical anxiety and depression. Illness primarily springs from a spiritual cause first and foremost, then affects the rest of the individual. Understanding and absorbing spiritual truths can return the person to a balanced state of being. Prayer and meditation are secondary to self-introspection and the willingness to change wrong thought patterns, to let go, to forgive, thereby beginning a process of wholeness. These 40 meditations acknowledge the pain and suffering of the person and provide an affirmation to bring the mind and spirit into agreement. Studies have shown the workability and success of religious (spiritual) cognitive therapies for those in treatment. Depending upon the severity of the illness and uniqueness of each case, a plan of treatment should be tailored to the individual. These meditations are not meant to replace conventional therapy, but build upon them.



READ ONLINE
[6.25 MB]

Reviews

Excellent electronic book and valuable one. Better then never, though i am quite late in start reading this one. I am very easily can get a delight of studying a written book.

-- Anastacio Kreiger DDS

This ebook is amazing. It typically will not price excessive. I discovered this pdf from my dad and i recommended this publication to learn.

-- Rhoda Leffler

See Also



Finally Free

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Its been four years since Malakais death, and Kinara couldnt be happier. She and Amir are married...



The Range Dwellers

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Purchase one of 1st World Library s Classic Books and help support our free internet library of downloadable...



Coralie

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Purchase one of 1st World Library s Classic Books and help support our free internet library of downloadable...



The Poor Man and His Princess

Mark Martinez, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.The Poor Man and His Princess is a children s short story about unconditional love, and the connection made...



The Stories Mother Nature Told Her Children

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Purchase one of 1st World Library s Classic Books and help support our free internet library of downloadable...



Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel s System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original...