

## Living the Real Tree of Life: Personal Journal Edition: Pragmatic Spirituality from a Boots-On-The-Ground Mystic (Paperback)



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## LIVING THE REAL TREE OF LIFE: PERSONAL JOURNAL EDITION: PRAGMATIC SPIRITUALITY FROM A BOOTS-ON-THE-GROUND MYSTIC (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Despite our best efforts and regardless of our spiritual paths and beliefs, we all find ourselves confronted moment-to-moment with a mind-boggling array of life demands and challenges. In *Living the Real Tree of Life*, Dr. Jiron offers strategies and tools for help in navigating this dance on spinning logs in churning rapids that can be used almost anywhere, anytime. Chapters are presented in brief, essay format, for ease of reading and application. Topics are sequenced like a tree, beginning with the Roots, such as Bodacious Breathing and Building Focus, then moving on to Branches and Foliage, the practical steps of managing conflict and adversity, with the Canopy chapters addressing deeper discussions of personal and spiritual growth. Appendices include Italicized Points to Ponder, Joyful or Useful Self-Talk, and a Glossary of Terms. With this book, Dr. Jiron presents a grass roots manual grounded in the bedrock of perennial teachings and applied to contemporary issues. These ideas are based on extensive study/practice and professional experience, yielding a unique blend of common sense and the spiritually sublime, and are intended to be helpful for people from all walks of life. Excerpts: All of what you ll find in this book is based on the sweat and grit of personal and professional life experience, integrating twenty-five years of clinical, teaching, and supervising observations and interactions with people of all ages, from all walks of life. It is embedded in the greater context of forty years of consistent spiritual practice and study of world religions, yoga, and other disciplines such as chi gong, tai chi and meditative movement. No matter what your spiritual system or belief, in order to live a healthy and effective life, you...

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