



## Claiming Your Own Life A Journey to Spirituality

By Christine Adams

Backinprint.com. Paperback. Condition: New. 112 pages. Dimensions: 8.9in. x 5.8in. x 0.5in. We are searching for Self and we don't realize that parts of the puzzle are missing. This book retraces our journey, and searches for those lost pieces—the ones that leave spaces in the mind and heart of any child who has lived with alcoholism. This book helps the reader understand and change the defective coping mechanisms of a distorted childhood self-image to the strength of a new spiritual self. Claiming Your Own Life: A Journey to Spirituality provides practical, healing chapters on; Imaging of Self-Shame-Respect-Feelings of Fear-Anger-A Sad Place Within-A New place-A New Child This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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