



Prayerfulness: Awakening to the Fullness of Life

By Robert J. Wicks

Sorin Books. Hardcover. Book Condition: New. Hardcover. 175 pages. Dimensions: 7.0in. x 5.5in. x 1.0in. Blending insights from Christian contemplative practice and Buddhist mindfulness, Dr. Robert J. Wicks—well-known speaker, therapist, and spiritual guide—introduces 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. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Hardcover.



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