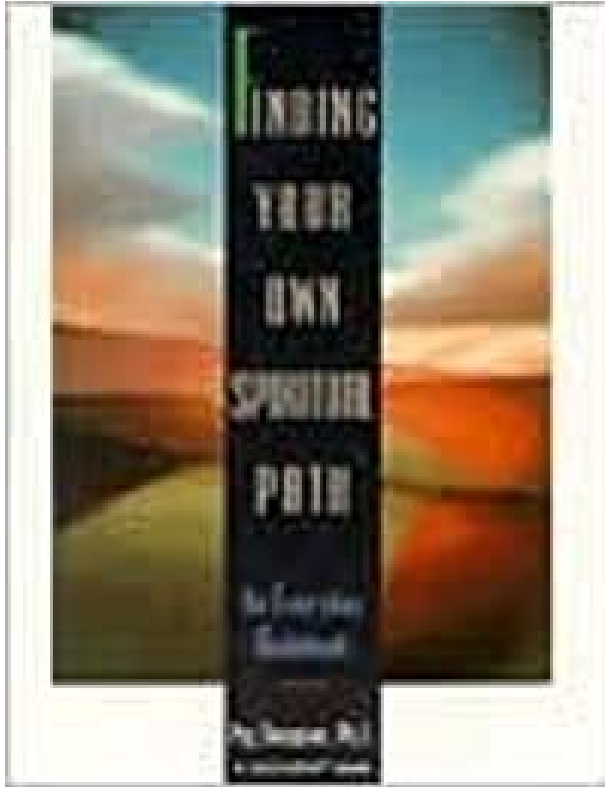


Finding Your Own Spiritual Path: An Everyday Guidebook



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"Finding Your Own Spiritual Path" is the perfect guidebook for this generation of seekers, serving as an intimate companion for anyone working to create a new kind of relationship with spirituality. Beginning with the basics, author Peg Thompson helps readers- Explore their own histories with spirituality and religion Identify and heal old spiritual wounds Learn about prayer and meditation, ritual and worship, community and service Begin to incorporate a spiritual practice into their daily lives Filled with exercises, journal-keeping ideas, and inspiring real-life stories, "Finding Your Own Path" will help point the way to a more personal and fulfilling expression of faith. Peg Thompson, Ph.D., is a psychologist and social worker who leads spiritual exploration groups for women.