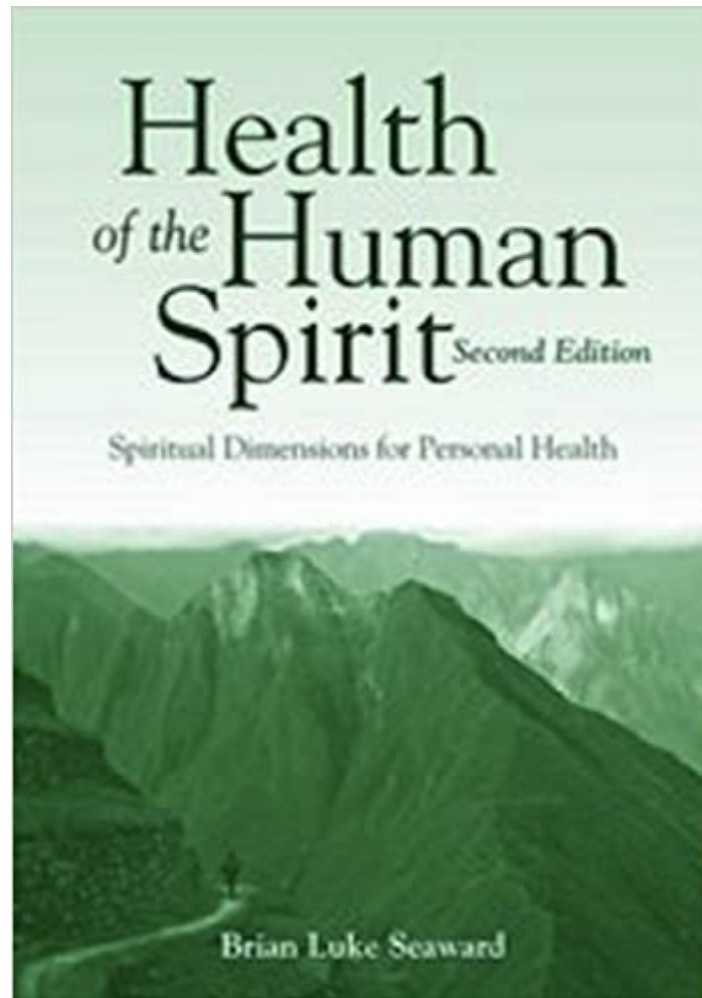




Ebook Directory
the best source of ebook

The book was found

Health Of The Human Spirit: Spiritual Dimensions For Personal Health



Synopsis

Health of the Human Spirit, Second Edition: Spiritual Dimensions for Personal Health is a thoughtful examination of the ageless topic of human spirituality. It addresses the need to acknowledge spiritual wellness as a vital dimension of the general health and well-being of the individual and examines the dynamic balance between mind-body-spirit health and the roadblocks and distractions on the spiritual path. Dr. Seaward includes many behavioral suggestions to enhance the health of the human spirit. He presents the material in an approachable, user-friendly manner by engaging the reader and carefully distinguishing the differences between spirituality and religion.

Book Information

Paperback: 264 pages

Publisher: Jones & Bartlett Learning; 2 edition (February 29, 2012)

Language: English

ISBN-10: 1449648452

ISBN-13: 978-1449648459

Product Dimensions: 6.9 x 0.6 x 9.9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 5 customer reviews

Best Sellers Rank: #970,104 in Books (See Top 100 in Books) #56 in [Books > Religion & Spirituality > Religious Studies > Psychology & Christianity](#) #4849 in [Books > Health, Fitness & Dieting > Alternative Medicine > Meditation](#) #8056 in [Books > Medical Books > Psychology > General](#)

Customer Reviews

I use this primarily for a text book as it was required in one of my other classes however, it is enlightening and I continue you to use it as a creditable resource in my papers in my other bsn/rn classes.

Somewhat interesting, for a textbook.

Great condition

If only we understood how very important that phase from days gone by is to our very wellbeing. My grandmother use to punctuate everything she said or heard with these words ("bless my soul").

Now, in reading "Health of the Human Spirit", one sees how that montra must have helped her reach an active, vital age of 86. The spiritual wellbeing of our soul comes hand in hand with the wellbeing of our physical being, as is shown over and over in this wonderful book. So, for what ever is ailing you, read this book. It will "bless your soul"!

WOW! i happened to come across this book surfing the web, and what a pleasant surprise. Seaward has done an outstanding job of synthesizing a great wealth of information and packaging it in a very easy to read, easy to understand silver bullet of human spirituality. I loved the exercises at the end of each chapter, they really helped to pull the information together in an easy to use fashion.

[Download to continue reading...](#)

Health Of The Human Spirit: Spiritual Dimensions for Personal Health Deliverance From Python Spirit: Powerful Prayers to Defeat the Python Spirit Æœ Spirit of Lies, Deceptions and Oppression. (Deliverance Series Book 3) The Subtle Power of Spiritual Abuse: Recognizing and Escaping Spiritual Manipulation and False Spiritual Authority Within the Church Spiritual Dimensions of the Holy Canons Nursing: Human Science And Human Care (Watson, Nursing: Human Science and Human Care) Winning Personal Injury Cases: A Personal Injury Lawyer's Guide to Compensation in Personal Injury Litigation ACE Personal Trainer Flash Cards: ACE Personal Training Test Prep with 300+ Flash Cards for the American Council on Exercise Certified Personal Trainer Exam Exploring The Dimensions Of Human Sexuality Exploring The Dimensions Of Human Sexuality (Navigate 2 Advantage) Dimensions of Human Behavior: The Changing Life Course Dimensions of Human Behavior: Person and Environment Hair Loss: 5 Easy Steps To Stop and Prevent Hair Loss (hair loss, hair care, bald, beauty care, personal hygiene, natural health remedies, personal health care) Healing Ceremonies: Creating Personal Rituals for Spiritual, Emotional, Physical & Mental Health Ethical Dimensions in the Health Professions, 6e Ethical Dimensions in the Health Professions, 5e New Dimensions In Women's Health Ethical Dimensions in the Health Professions - E-Book Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Understanding Human Behavior: A Guide for Health Care Providers (Communication and Human Behavior for Health Science) Human Caring Science: A Theory of Nursing (Watson, Nursing: Human Science and Human Care)

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help