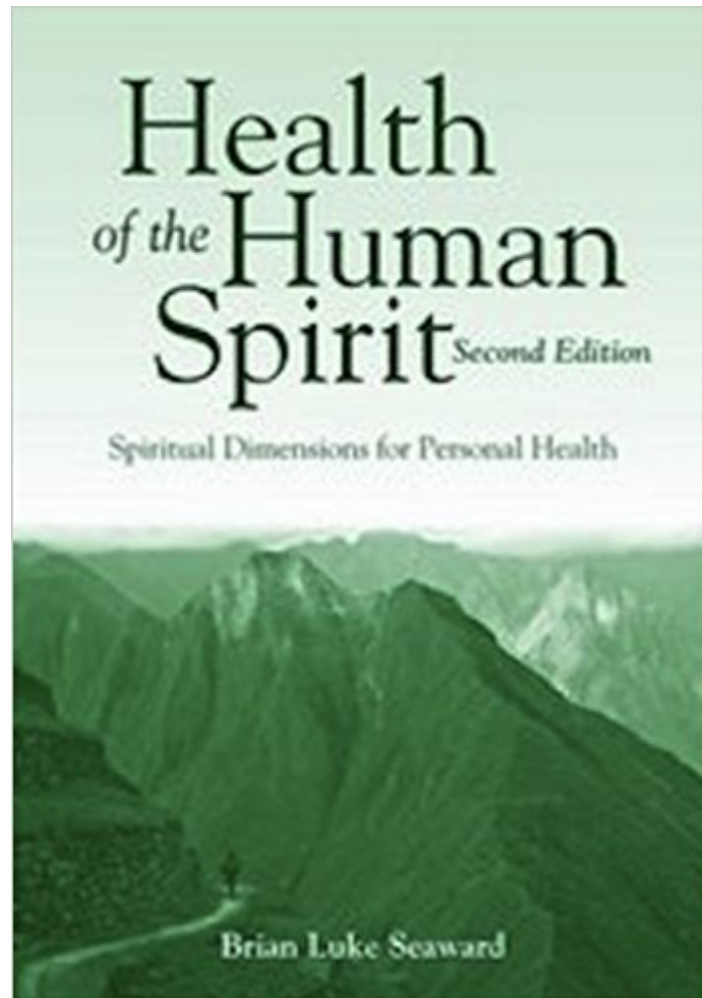




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# Health Of The Human Spirit: Spiritual Dimensions For Personal Health



## 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

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## 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.

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