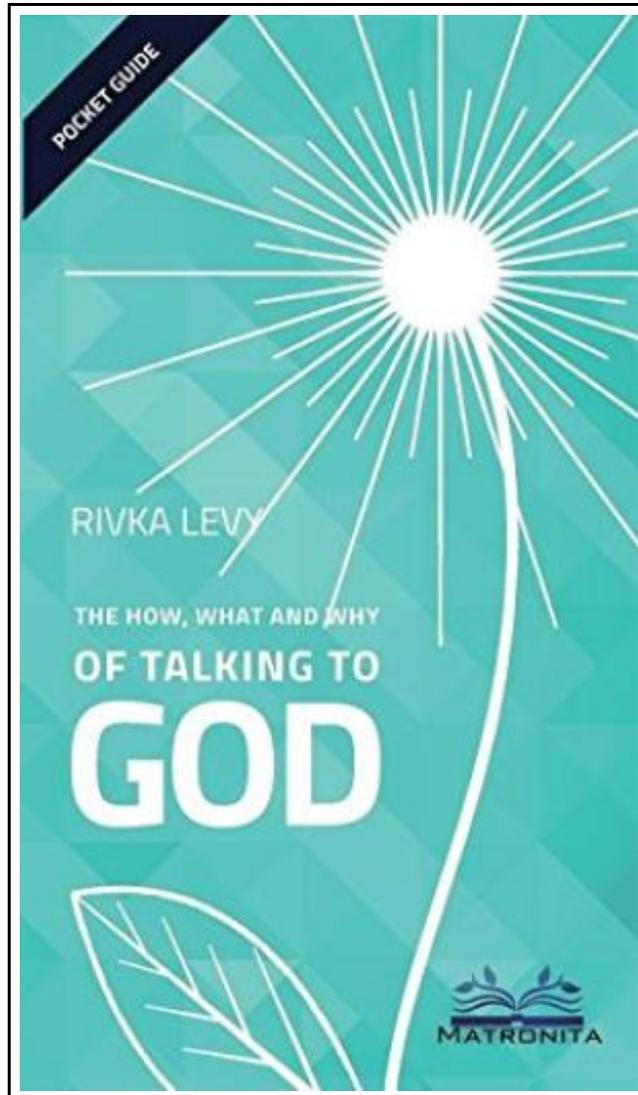


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THE HOW, WHAT AND WHY OF TALKING TO GOD (PAPERBACK)



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Matronita Press, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.THE INSIDER S SELF-HELP GUIDE TO JEWISH MEDITATION The How, What and Why of Talking to God is an insider s guide to incorporating more practical spirituality into your everyday life. Unlike other meditative approaches, Jewish meditation is really focused on teaching you how you can talk to God in a way that will really get you practical results. To put it another way, Jewish meditation is the ultimate self-help tool, because talking to God can help you with whatever practical problem you re dealing with, whatever spiritual conundrum you re wrestling with, or whatever mental health issue you re trying improve. If you want to know how you can tap into the power of talking to God to solve your problems, transform your life, and wake up feeling a whole lot happier and more optimistic, this pocket guide can show you how. You ll discover: The 8 Secrets of How to Talk to God and Get Results. How to pray in a way that s scientifically proven to work. The biggest mistakes people make when it comes to Jewish meditation. The single worst thing you can do when you re trying to talk to God. Plus, you can take the Jewish meditation quiz, to help you work out which part of your Talking to God / Jewish meditation game plan might need some work. So if you ve been looking for a pocket guide that will teach you everything you need to know about Jewish meditation and the art of talking to God, in an easy-to-read, hugely practical format that will lead to fast benefits for your mental health, spirituality and peace of mind, then the How, What and Why of Talking to...



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