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Lessons for My Daughter: A Mother's Wisdom on Growing in Grace (Paperback)

By Phd Sophia N Johnson

iUniverse, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.We often go through life thinking there is a set order for how we do things. That may work some of the time, but it can leave us unprepared to accept and thrive on the unexpected. In her semiautobiographical book, Lessons for My Daughter: A Mother's Wisdom on Growing in Grace, author Sophia N. Johnson, PhD, underscores the redeeming value of all life experiences in whatever variation they emerge. A public tribute to her daughter, the essays in this book is also an emotional and spiritual tribute to daughters everywhere. The journey begins with her graduate school days conducting fieldwork in India. There she studied the values of the Vedic religion, one of the major traditions that shaped Hinduism, and learned acceptance and what it means to pay attention to her thoughts and feelings without judging them. She also learned to appreciate the deeper cognitive value of mindfulness, by embracing the spiritual foundation of her own Christian faith as an approach to understanding life's ups and downs, a lesson she wants all daughters to learn and...



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Totally one of the better publication I have actually read through. It really is rally fascinating through studying time period. Its been printed in an extremely simple way and is particularly just following i finished reading through this ebook in which basically modified me, modify the way i think.

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It becomes an amazing ebook that we have possibly read through. It is really simplified but surprises within the 50 % from the ebook. You can expect to like how the blogger compose this book.

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