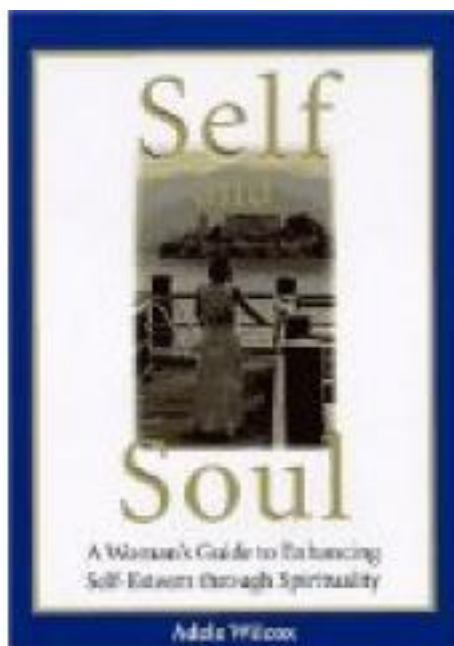


Self and Soul: A Woman's Guide to Enhancing Self-Esteem Through Spirituality



[Self and Soul: A Woman's Guide to Enhancing Self-Esteem Through Spirituality_ 下载链接1](#)

著者:Wilcox, Adele

出版者:Rodale Press

出版时间:

装帧:Hardcover

isbn:9780875964461

Ordained United Methodist minister Adele Wilcox has seen first-hand in her congregations and through her work with survivors of domestic violence how women's self-esteem and optimism increase when they learn to infuse their lives with spiritual principles. *Self and Soul* identifies specific steps women can take to develop a personal form of spirituality and gain respect for themselves in the process. This is a book women of every faith can use to make the kind of positive changes that lead to success and tranquility.

作者介绍:

目录:

[Self and Soul: A Woman's Guide to Enhancing Self-Esteem Through Spirituality_下载链接1_](#)

标签

评论

[Self and Soul: A Woman's Guide to Enhancing Self-Esteem Through Spirituality_下载链接1_](#)

书评

[Self and Soul: A Woman's Guide to Enhancing Self-Esteem Through Spirituality_下载链接1_](#)