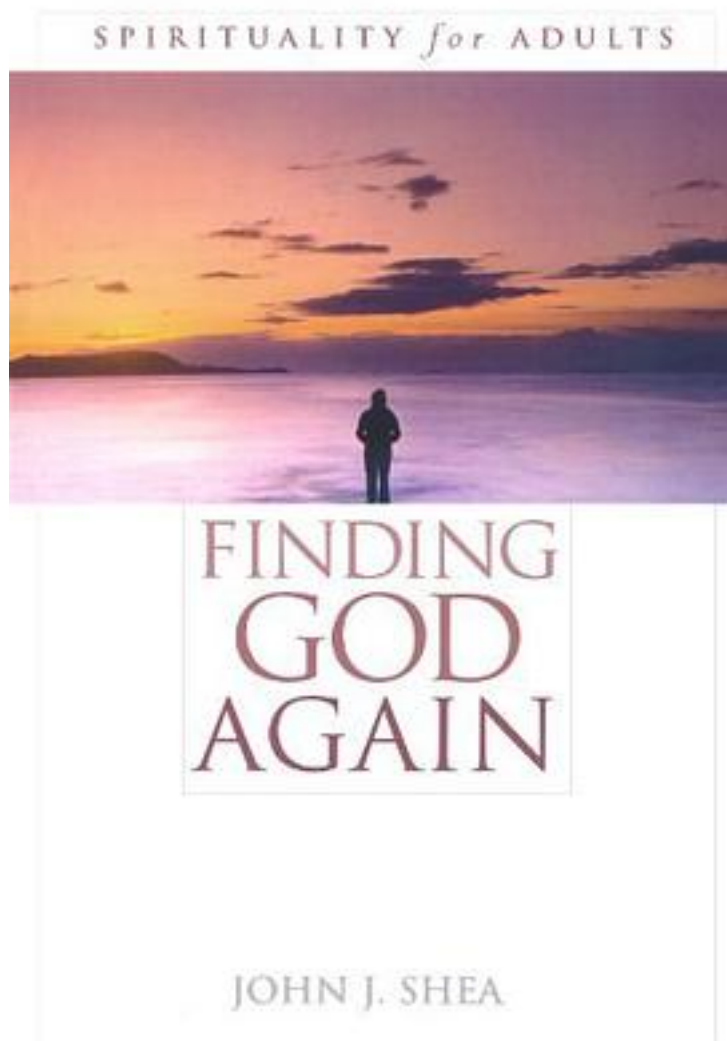


Finding God Again



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Growing out of two decades of teaching and practice, Finding God Again: Spirituality for Adults addresses, in an experiential and pastoral way, the need to re-envision God as we grow from an adolescent to adult spirituality. John Shea, a renowned pastoral counselor and teacher, shows how we can lose touch with religion, spirituality, and a belief in God because of times when our image of God is too narrow, unreal, or inadequate to make sense of our experience. Shea uses real life stories to illustrate and offer a life-changing challenge to leave behind the Superego God of childhood in favor of a Living God we can relate to as adults. By showing the reader how to revisit God as an adult, Shea provides the motivation and method to embrace a Living God and claim the independence and responsibility that accompany genuine adulthood.

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