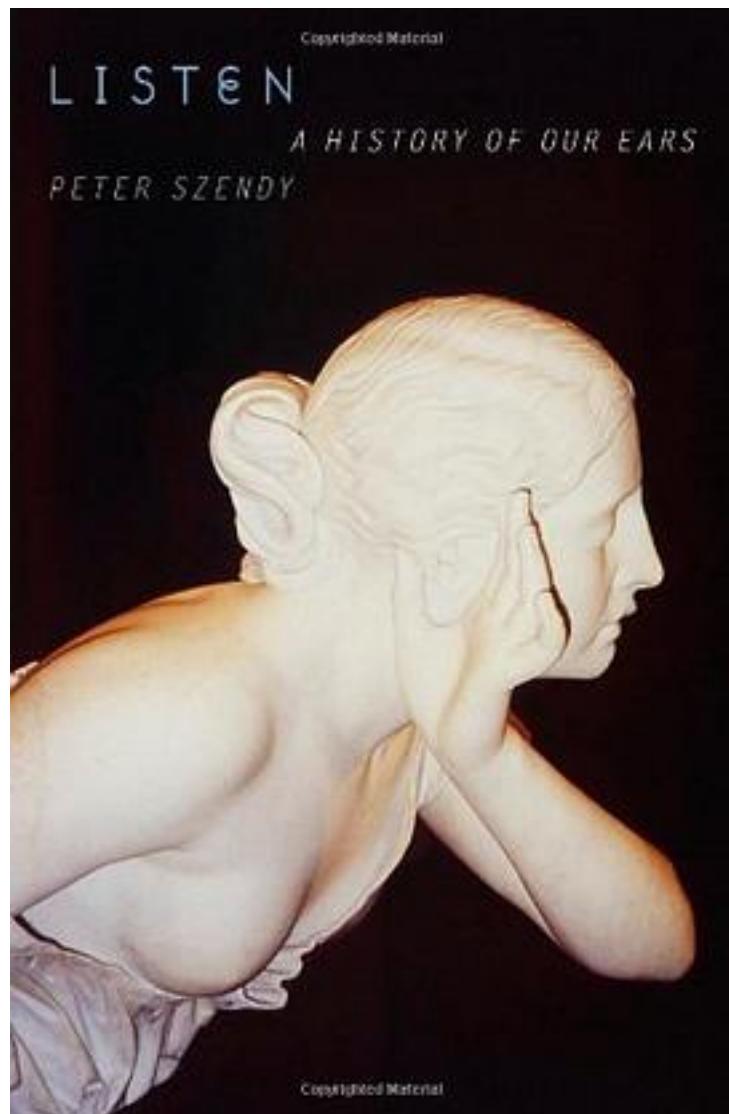


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出版者:

出版时间:

装帧:

isbn:9780787982331

In this remarkable book, Keri Wyatt Kent shows how to open ourselves to more love and joy by listening—to God, our hearts, and each other. By listening we discover God in our own stories and in other people’s stories. Throughout the book, Kent shares her personal experiences and shows that by reflecting on our own story we can discover the things that bring us joy and the things we love and hold dear. Once we are more aware of the joy and love that are already in our lives, we can notice God. Listening is the central spiritual practice that makes other practices—such as prayer, worship, and study—transformational in our lives.

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