



## Basic Prayer and Simple Meditation: A Recovering Alcoholic Talks about Beginning Spirituality (Paperback)

By Mike D

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Why do so many people have trouble with prayer and meditation when it seems to come so easily for others? Why do some of us feel that it's so mysterious and elusive that it seems beyond our reach? Is it possible that the answers can be found by simply embracing our own human nature? In this book, Mike conveys the message that when we are struggling with prayer and meditation, we are fighting against a perfectly normal and natural part of our humanity. Any beginner will be pleased to discover that prayer, meditation and spirituality are completely natural aspects of our humanity, and not so mysterious after all. It's only a matter of keeping it simple.



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