



## 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.



**READ ONLINE**  
[ 2.84 MB ]

### Reviews

*A must buy book if you need to adding benefit. it was actually writtern quite perfectly and beneficial. You wont really feel monotony at anytime of your time (that's what catalogs are for regarding in the event you question me).*

-- **Kian Jacobi**

*Very good electronic book and useful one. it absolutely was writtern extremely completely and useful. You will not feel monotony at at any moment of your respective time (that's what catalogs are for relating to when you question me).*

-- **Prof. Noah Zemlak DDS**