



Life Journeys Toward Wholeness: Wellness, Transformation, Spiritual Maturity (Paperback)

By Hakyung Cho-Kim Ph D

Hakyung Cho-Kim, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This volume, Life Journeys toward Wholeness, focuses on wellness, transformation, and spiritual maturity. First, a holistic approach to personal wellness/healing by identifying some factors causing brokenness, imbalance, and disharmony and then by considering proactive remedies for the identified obstacles: wellness in physical dimension; wellness in psychological dimension; wellness in spiritual dimension. Second, a psycho-spiritual approach to integration and personal transformation toward True Self: *Self-knowledge by understanding personality types according to the Enneagram; *Self-realization by inner works of personal and spiritual transformation; *Self-transcendence by integrating the Enneagram's wisdom and Christian spirituality from the distorted ways of thinking, feeling, and doing (willing). Third, a better way toward spiritual maturity that is rooted in our radical trust in God--not trusting in human resources and our abilities-- will manifest all the fullness of faith, hope and love; * Work of faith by following Jesus Christ through spiritual discipleship; * Steadfastness of hope of anticipating the human's hopeful redemption through the in-breaking of the Kingdom of God; * Labor of love of doing justice and compassionate provision for those who...

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