



## Self-Knowledge and Spiritual Yearning: The Role of Spirituality in Psychological Health (Paperback)

By E Douglass Brown

iUniverse, United States, 2007. Paperback. Book Condition: New. 226 x 147 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. According to E. Douglass Brown, modern science has silenced all doubt among open-minded people that life emanates from an intelligent designer. The allencompassing, distinct characteristic of the human being is an inborn link to the spirit of God. To cultivate that link, the Creator provides human beings with a divine paradigm for selfdevelopment. In Self-Knowledge and Spiritual Yearning: The Role of Spirituality in Psychological Health, Dr. Brown offers revitalizing prescriptions from the Quran for cultivating a healthy personality and for healing the self that has suffered psychospiritual injury. Dr. Brown also describes the seven stages of psychospiritual self-development and provides examples of behavior in each stage. Through the use of universal metaphors, Dr. Brown explains how a person advances to higher levels of consciousness, finally culminating in unfettered Godconsciousness. He also includes instructions from the Quran about how to overcome difficult life situations that impede your progress in achieving a greater plane of consciousness. Learn to focus on spiritual healing and start integrating it into your everyday life!.



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