



## Holding on to Hope The Journey Beyond Darkness

By Kathryn J. Hermes

Pauline Books & Media. Paperback. Book Condition: New. Paperback. 148 pages. Dimensions: 7.9in. x 5.2in. x 0.6in. The pain of a dark time can open us to new growth in our relationship with God and ourselves. This book is about the unexpected, refreshingly, surprisingly new things God wants to do for you. Penned by the best-selling author of *Surviving Depression*, this book is the bridge from darkness to authentic spirituality and healing. Each step we take in healing, spirituality, or transformation is always made up of elements that complete themselves: a rational element, an emotive element, a spiritual element, at times a physiological element, a divine element. We are inspired or moved on many different levels: our mind, our will, our heart, or, in another way of expressing it, our mind, body, soul, and spirit. We begin to feel different, to move in a different interior space, to think differently, to perceive, intuit, and mentally frame situations differently. Our choices in everyday life, preferences, work styles and play style change. We find ourselves reacting to situations and persons around us in healthier ways. Emotionally we are in a better place. Our loves have deepened, changed. Our participation in spirituality and the...



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