



The Mirror of God: Christian Faith as Spiritual Practice--Lessons from Buddhism and Psychotherapy

James W. Jones

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What are the benefits of being a spiritual person? This is the question that James Jones explores in his newest book, *The Mirror of God*. Jones contends that true religious belief is not a passive process and that one must work hard towards believing in God through acts such as prayer, meditation and communal worship. He explores the boundaries between psychotherapy and religious practice, looks at what Christians might learn from Buddhists and shows their effects on the body and mind. Jones is a psychologist as well as a professor of religion and, ultimately, he provides a blueprint for worship that's smart, effective and grounded in the real lives we all live.

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Exactly why? Because this The Mirror of God: Christian Faith as Spiritual Practice--Lessons from Buddhism and Psychotherapy is an unordinary book that the inside of the publication waiting for you to snap the item but latter it will surprise you with the secret that inside. Reading this book beside it was fantastic author who else write the book in such wonderful way makes the content on the inside easier to understand, entertaining technique but still convey the meaning thoroughly. So , it is good for you for not hesitating having this ever again or you going to regret it. This amazing book will give you a lot of gains than the other book have such as help improving your expertise and your critical thinking method. So , still want to delay having that book? If I were you I will go to the e-book store hurriedly.

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Gloria White:

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