



Nourishing the Spirit: The Healing Emotions of Wonder, Joy, Compassion, and Hope

James D. Whitehead, Evelyn Eaton Whitehead

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Nourishing the Spirit: The Healing Emotions of Wonder, Joy, Compassion, and Hope James D.

Whitehead, Evelyn Eaton Whitehead

A seminal exploration of the psychological and spiritual power of our positive emotions.

This new companion volume to the Whitehead's influential book on our negative emotions completes a work of scholarship that will nourish individuals and inform those who counsel them.



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