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## The Circle of Peace: An Antidote to Distress

By Ken Lewis, Trevor Dennis

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, The Circle of Peace: An Antidote to Distress, Ken Lewis, Trevor Dennis, A much-needed book which gives people - Christians in particular - permission to love themselves as they should. Written by a Chartered Psychologist and a priest with a distinguished teaching and pastoral ministry. Offers an encouraging hand to those who want to experiment with making beneficial changes in their life, especially those bothered by anxiety, depression, low self-esteem or feelings of helplessness. Full of reassuring and engaging stories. Includes practical exercises throughout to enable people to understand where discomfort originates and to discover ways forward. The Church is very good at inviting or challenging people to love their neighbours. It is not so strong on encouraging us to love ourselves. This book illuminates the healing truth that encountering the love of God sets us free to live as we were intended to live - loving ourselves and those around us. Through Bible passages, stories and exercises, the authors encourage us to throw off the sense of apprehension that bothers so many, and to enjoy living to the full in God's exhilarating company.



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