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MIND SOUL TRAVEL GUIDE 1: JOURNEY OF DISCOVERY (PAPERBACK)



Soul Food Cafe, 2018. Paperback Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Want to be a better captain of your mind soul? This 1st travel guide shows you how Dr Whetham demonstrates how to transform suffering to meaning through authentic 2-way relationships and how that discovery is key for our soul and mental health. You ll learn why dialogue, in neuroscience terms, stimulates neural growth and enhances mental health. Soul Food Cafe s three Mind...

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- Authored by Paul Whetham
- Released at 2018



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