



The Spiritual Awakening of Hayden Caine - Book One (Paperback)

By Linnea Bailey

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ****** Print on Demand ******. Hayden Caine is at the end of her rope. Tangled in an unhappy relationship to a tyrant, and battling depression, self-esteem issues, alcohol abuse, and wicked nightmares, Hayden seeks happiness and fulfillment in her life. Desperately trying to fight the darkness, she goes in search of meaning and purpose. She soon discovers that her intuition and inner guidance will take her to a place of hope. Here, she meets new friends, discovers the Japanese martial art of aikido, and finds activities that lead her to a life as a spiritual warrior. Based on author Linnea Bailey s life experiences, The Spiritual Awakening of Hayden Caine promotes self-empowerment of women. Through Hayden s journey, the reader learns how to become a spiritual warrior, and go on a path of self-healing to better help others. Major existential questions of life from an Eastern and metaphysical perspective are addressed, including: Does God exist? Why do bad things happen to good people? Why is there so much pain and suffering? How does one stop the cycle of karma?



Reviews

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