



## Deep Roots: A 40 Day Spiritual Guide (Paperback)

By Frank a Schiro

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Deep Roots, a 40 Day Spiritual Guide Book, is an honest and motivating series of practices to be undertaken over a 40 day period. The book does not attempt to proselytize, nor badmouth or belittle any religion or denomination. It is designed for people in any phase of their spiritual growth. The purpose is to help the reader recognize the divine within themselves but have stumbled at not having the right practices to begin to truly add meaning to their lives, . Deep Roots, is not a magical, Read this and be cured, book, but it will provide insights into developing a mind set to really settle the mind into a routine of concentration to form healthy spiritual habits. Its major focus is that from the first moment we are conceived everything is given to us by someone else: our names, gender, race, religion, and nationality. It is usually our parents and our experiences that first form us and our ego. But it seems that all of us as we age are plagued by a nagging question inside of us that...



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