



Lessons for My Daughter: A Mother's Wisdom on Growing in Grace (Paperback)

By Phd Sophia N Johnson

iUniverse, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.We often go through life thinking there is a set order for how we do things. That may work some of the time, but it can leave us unprepared to accept and thrive on the unexpected. In her semiautobiographical book, *Lessons for My Daughter: A Mother's Wisdom on Growing in Grace*, author Sophia N. Johnson, PhD, underscores the redeeming value of all life experiences in whatever variation they emerge. A public tribute to her daughter, the essays in this book is also an emotional and spiritual tribute to daughters everywhere. The journey begins with her graduate school days conducting fieldwork in India. There she studied the values of the Vedic religion, one of the major traditions that shaped Hinduism, and learned acceptance and what it means to pay attention to her thoughts and feelings without judging them. She also learned to appreciate the deeper cognitive value of mindfulness, by embracing the spiritual foundation of her own Christian faith as an approach to understanding life's ups and downs, a lesson she wants all daughters to learn and...



READ ONLINE
[9.34 MB]

Reviews

An incredibly wonderful book with perfect and lucid explanations. It normally is not going to price a lot of. I am just very happy to tell you that this is the greatest pdf we have go through within my personal lifestyle and could be he finest book for at any time.

-- **Bart Lowe**

This is basically the greatest pdf i actually have go through till now. It is definitely simplistic but surprises within the fifty percent in the ebook. I am easily will get a delight of studying a published ebook.

-- **Hyman O'Conner III**