



Seeing Anew: Awakening to Life's Lessons

Martina Lehane Sheehan

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Seeing Anew invites us to see ourselves, our life experiences and our relationships with new eyes. Through real life stories, we discover the patterns of thought, beliefs and habits that lead to stress, and in doing so, can choose new patterns that will bring spiritual freedom.

Written by psychotherapist Martina Lehane Sheehan, this book invites us to enter into a healing journey through which the pain of past experiences can be transformed. Each chapter ends with a guided scriptural meditation, or healing visualisation.

Martina is donating her proceeds of this book to Chernobyl Children International.

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