



God, Are You Listening?: Free Yourself from What is Holding You Back

Elizabeth Hutchinson

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Are you so tired and burned out that you feel life is running you instead of you living it? Have you lost faith in yourself, in your life, and in your God? This is a nondenominational spiritual self-help book. It is intended for people of all faiths, religions, and belief systems, as well as nonbelievers.

In *God, Are You Listening?* Elizabeth Hutchinson provides the inspiration you need to find meaning and purpose in your life. She shares her own story of how the stress and strain of her responsibilities propelled her toward a life-threatening case of burnout. She describes in accessible language the process she undertook to arrive at "heart consciousness."

Sections include:

Unanswered Prayers
Embracing the Gifts God Gave Us
Forgiveness
Blessings
From Fear to Freedom
Discipline

Elizabeth draws on a number of techniques from psychology to spirit-centered disciplines bringing all aspects of mind, body, and spirit practice together to form a comprehensive healing path. She shares insightful stories that help build self-esteem and self-worth, she illustrates the power of word therapy, and how being in nature or listening to music can contribute to therapeutic growth. And a good deal more. At the end of each chapter, she provides exercises for further study.

Elizabeth writes, "Be gentle with yourself and know that you will still have some 'bad' days. You will snap at your spouse or your children or have limited patience with the sales clerk or you may feel lonely. Old patterns are difficult to break, but the more you persist the easier it becomes. As soon as I give it over to God I find instant peace."

In *God, Are You Listening?*, you will find a thoughtful and encouraging teacher who will help you to find the joy, love, and peace each of us deserves.



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Brenda Luna:

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