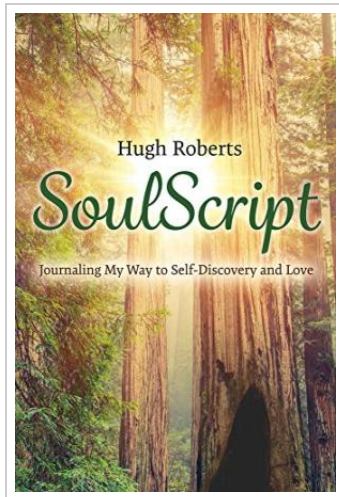




Soulscript: Journaling My Way to Self-Discovery and Love (Paperback)

By Hugh Roberts

BookBaby, 2017. Paperback. Condition: New. Language: English . Brand New Book. Through the pages of his daily journal, 75-year old Hugh Roberts shares his journey through grief following the death of his wife. He is haunted by indecision, wondering what he should do now to live a new, abundant life full of meaning and passion. Daily meditations evolve into conversations with Spirit (God by any name), whose voice gently encourages the widower to let go of his insecurity and share more of himself with others. Hugh joins a small healing-through-writing group for people who have suffered from the impact of cancer and begins to write and reflect on what his soul reveals. After seven decades of low self-esteem, living convinced that he was never good enough, the author learns to accept himself just as he is, free from pervasive self-doubts. But as a key friendship deepens, he wonders: is it too soon to risk this new-found freedom by falling in love again? Or is it too late?.



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Reviews

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