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Stand Like Mountain, Flow Like Water: Reflections on Stress and Human Spirituality Revised and Expanded Tenth Anniversary Edition

Brian Luke Seaward Ph.D.

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Self-Help/Spirituality

'Every now and then you come across an author whose words transform your life and inspire you forever. The wisdom, insight, stories, and gentle guidance within the pages of *Stand Like Mountain* proved to be a blessing in my life. I am eternally grateful. This tenth anniversary edition not only reinvigorates the human spirit, it's a celebration of life. Timeless and ageless wisdom is never out of style on the human journey.'

--Joan Lunden, Author of *Joan Lunden's Wake-up calls*

Times of stress may bring feelings of panic and mayhem, but when we call upon our inner resources, stress also provides the opportunity for spiritual growth. However, o ur path to our ultimate purpose is often blocked by guilt, greed, laziness, worry, and most destructive of all: fear and anger. In his inspiring and insightful book *Stand Like Mountain , Flow Like Water* , renowned expert on stress management, Brian Luke Seaward, Ph.D., teaches you how to maneuver around these troublesome roadblocks and outlines the key to life: Balance--to stand secure and grounded like a mountain, but to flow like water.

To help you reach your goals and destinations, Seaward points out that the mind, body, and spirit must be in harmony during our journey from the tumultuous sea of stress to the unfaltering rock of our spirituality. We can do so by relying on our natural-born inner resources (muscles of the soul) as our guides.

This Tenth Anniversary Edition is filled with the most up-to-date insights and compelling stories regarding the mind-body-spirit connection and includes Dr. Seaward's latest stress-busting and healing strategies to help you:

- Identify your innate resources to cope effectively to stressors
- Strengthen the muscles of your soul for life's challenges
- Deepen your soul-searching process to gain personal insights
- Maintain a sense of balance and inner peace in a stressed-filled world
- Identify and transition peacefully through the Seasons of the Soul

Dr. Seaward's extensive research and teachings on the connection between stress and spirituality will soothe and harmonize your spirit and give you the tools to enhance and sustain connectedness with yourself, your purpose, and nature around you.

Brian Luke Seaward, Ph.D., is an internationally renowned speaker on stress management, human spirituality, and mind/body/spirit healing. For more information on workshops and products, visit the author

at www.brianlukeseaward.net.

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Donna Jennings:

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