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## Spirits from the Heart: A Book of Hope and Healing for Those Who Battle Anxiety and Depression (Paperback)

By Kendra Lynn Sestile

Dog Ear Publishing, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Spirits from the Heart is a book of hope and healing for those who battle anxiety and depression. Depression and anxiety are notorious health conditions of our 21st century. Caused by biological, psychological, and environmental factors, millions of humans experience depression or anxiety during their lifetimes. Those who struggle seek various means of treatment, including traditional and alternative health care means. This collection of heart-felt verse demonstrates that poetic expression can powerfully influence healing. Writing brings clarity of mind and heals the soul. The author recommends reading the text in its sequential order. These poems are written to move the reader through the deepest of despair toward transcendent healing. The purpose of this book is simply to help others who are suffering with life's struggles. The verse is evocative at times. Emotions may emerge, opening paths to the transpersonal realm. Find a comfortable, quiet place to read and reflect. Your inner Spirit will show you the way - the Spirit of your heart. Kendra Lynn Sestile earned a Master of Arts degree in Human Science from the College of Psychology and Interdisciplinary...



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