



# **A Quiet Mind: Uniting body, mind and emotions in Christian Spirituality**

*Eva McIntyre*

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# A Quiet Mind: Uniting body, mind and emotions in Christian Spirituality

*Eva McIntyre*

**A Quiet Mind: Uniting body, mind and emotions in Christian Spirituality** Eva McIntyre

This book approaches issues of mental, emotional, physical and spiritual well being in a unique way within the Christian Tradition. It does so in an accessible and practical manner with techniques and exercises for the reader which have all been tried and tested by the author.



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