



## Living An Authentic Life

By Thomas Legere

AuthorHouse. Paperback. Book Condition: New. Paperback. 240 pages. Dimensions: 8.8in. x 6.0in. x 0.7in. Over the centuries, many books have been written showing the connections between psychology and spirituality. However, never before has anyone succeeded in spelling out the psychological steps needed to attain spiritual consciousness. In this remarkable book, that is exactly what Dr. Thomas Legere has done. Coming from a truly remarkable background that includes degrees in philosophy, theology, spirituality, and psychology, Dr. Legere has the gift of being able to communicate profound truths in a clear and simple way. Finally, spiritual seekers will discover here what spirituality does and does not mean from a psychological perspective. Richly illustrated with helpful charts and diagrams, Living an Authentic Life will explain, in the everyday language of psychology, each step of the universal journey to wholeness. Living an Authentic Life is at once an intensely personal journey as well as a deeply compelling exploration of the human path toward authenticity and integrity. This is a book for everyone who yearns to break out of the mediocrity of the unexamined life and plunge into self discovery and transformation. Thomas Legere has written a wonderful book for our times. Jose Stevens, Ph. D....



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