



## Mind Soul Travel Guide 2: Built for Adventure (Paperback)

By Paul Whetham

Soul Food Cafe, 2018. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Just when you think it s game over - it s game on! In this 2nd mind soul travel guide Dr Whetham encourages you to move out of your comfort zone and to go deeper into mystery and meaning. He suggests that Plan B adventure is when things go right - not wrong! We are all built for adventure. Join us for a real journey of discovery. Soul Food Cafe s three Mind Soul Travel Guides are designed to renew your mind and soul. We lead you on an adventure using tell, show, do education principles. In Travel Guide 1 we tell you about the 3 levels of existence using existentialism (Aesthetic, Ethical, Religious/Spiritual), the 3 minds in neuroscience (Chaotic, Contemplative, Compassionate) and propose a DSM guide for the soul (Despair, Suffering, Meaning). In Travel Guide 2 we show you the journey of discovery using personal insights and the psychology of meaning-making. In Travel Guide 3 we draw on some of the great Christian thinkers to help you move from old way to new way. Welcome aboard! Our Mind and Soul Travel Guide...

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