



Stages of the Soul

Paul Keenan

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In this unique contribution to literature on the soulful life, Father Paul Keenan eloquently maps the seven stages the human soul takes on its journey toward a deep reengagement with everyday life. This wise, accessible, and inclusive book gives hope to people in pain by providing them with the specific ways in which the soul progresses from feeling lost to being reenchanted with life. Real-life stories and words of wisdom illuminate each stage. What is unique about Stages of the Soul is that it enlightens readers to the knowledge that soulfulness is present at each stage of living, not merely as a final "end product." Father Keenan's approach frees readers from having to apply intricate steps to "achieve" a soulful life and instead teaches them to tap into the soulfulness that is present even in the most heart-wrenching of experiences and circumstances.

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