



One Soul, One Love, One Heart

John E. Welshons

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How do we heal our difficult relationships and nurture our healthy ones? What is their significance in our spiritual life? In this deeply moving, groundbreaking book, John E. Welshons answers these questions and many more. He shows why the path to real and lasting happiness lies in recognizing that we are all One, and in living in that awareness. He shows us how to heal our most difficult relationships by transforming them into our greatest spiritual lessons and how to love, forgive, and care for our fellow human beings — even those we find most difficult to love and forgive. With compassion and wisdom, Welshons invites us into a revolutionary new understanding of ourselves, our spiritual life, our world, and all our relationships.

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