



Promise of the Soul: Identifying and Healing Your Spiritual Agreements

Dennis Kenny

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"Promise of the Soul is a spiritual workbook. Through simple, accessible exercises and reflections, Kenny offers us practical and proven methods that have enabled thousands of his counseling clients to relinquish their separation from God's love and live from the heart.... Step by step, Kenny's approach shows us how we can release ourselves from self-imposed limitations and lifelong feelings of inadequacy to live a more soul-infused life. It is impossible to read this book without finding yourself somewhere in its pages and setting yourself free. It is a real opportunity." --From the Foreword by Rachel Naomi Remen, M.D., author of *Kitchen Table Wisdom* and *My Grandfather's Blessings*

"An excellent resource for creating a new covenant that will enable you to expand your belief system and your life." --Bernie Siegel, M.D., author of *Love, Medicine and Miracles* and *Prescriptions for Living*

"This book, like the topic itself, is beautiful and enchanting. This spiritual light is steeped in the great traditions, yet its presentation is original, creative, and brilliant. An essential key to making peace with God is identifying and healing your spiritual covenant and realizing the promise of your soul." --Harold Bloomfield, M.D., author of *Making Peace with God*

"Promise of the Soul is an exceptional guide to examining the spiritual promises or covenants we make with the sacred. Whether we are Christian, Buddhist, Jewish, Muslim, Hindu, or of any other faith, this book transcends all paths and beliefs to help each of us identify which sacred promises are limiting and which are beneficial to our spiritual unfolding and inherent well-being." --Angeles Arrien, Ph.D., author of *The Four-Fold Way* and *Signs of Life*

"By bringing to light our basic beliefs about how life works, Dennis Kenny gives us room to breathe, to change, to be liberated from prisons of our own making. As a skilled chaplain and teacher, he shows us simple ways to become larger, happier people all that God really wants us to be. This book might just set you free." --Wayne Muller, author of *Sabbath and How, Then, Shall We Live?*

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Helen Wright:

As people who live in the actual modest era should be up-date about what going on or data even knowledge to make these people keep up with the era which can be always change and advance. Some of you maybe will probably update themselves by reading through books. It is a good choice in your case but the problems coming to you is you don't know which you should start with. This Promise of the Soul: Identifying and Healing Your Spiritual Agreements is our recommendation to make you keep up with the world. Why, because this book serves what you want and wish in this era.

Jessica Jennings:

Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their sparetime with their family, or all their friends. Usually they accomplishing activity like watching television, gonna beach, or picnic from the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Could be reading a book may be option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of e-book that you should read. If you want to try look for book, may be the e-book untitled Promise of the Soul: Identifying and Healing Your Spiritual Agreements can be great book to read. May be it might be best activity to you.

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