



Prayerfulness: Awakening to the Fullness of Life

Robert J. Wicks

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Blending insights from Christian contemplative practice and Buddhist mindfulness, Dr. Robert J. Wickswell-known speaker, therapist, and spiritual guideintroduces what he calls prayerfulness, a way of being truly in the present to experience God and life in dynamic new ways. Wicks offers a rich array of insights including seven practical steps, a thirty-day retreat, and a Spiritual Mindfulness Questionnaire. This creative combination of ancient wisdom and contemporary psychology is designed to help readers develop a loving, clear, and spiritually balanced outlook.

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