



Illuminations: Visions for Change, Growth, and Self-Acceptance

Stephen C. Paul

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Drawing from his experiences as a therapist, counsellor and teacher the author composed this collection of inspirational proverbs for meditation and renewal. The aphorisms contained in this book offer challenging insights for anyone undergoing the process of personal growth and change. Each of the sayings is accompanied by an abstract painting by Gary Max Collins which attempt to serve as a focus for individual contemplation varying from the pale and subdued to an increased vividness and expansiveness.

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