



## 7 Steps to Spiritual Empathy, a Practical Guide: The Spiritual Philosophy of Emotional Intelligence (The Intelligence of Our Emotions) (Volume 1)

By Jenny Florence

A-Z of Emotional Health. Paperback. Condition: New. 88 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. This book is overflowing with kindness, insight, depth and above all... love. - Katherine Woodward Thomas: New York Times Bestselling Author of *Calling in The Onel*f you are interested in deepening your emotional awareness and in developing your emotional intelligence in ways that enhance conscious co-creative living, then this book is for you. It is a drop of peace in the ocean of our busy lives. Do you understand the role that your emotions play in your capacity for free will and conscious living? Are you interested in the power of conscious choice? Do you feel as though you are in charge of the decisions that you make in your life, of navigating your own journey? Designed to be read in just 10-15 minutes a day for 7 days, this deeply philosophical and highly transformational book guides readers through a 7-day journey of emotional discovery and expanding spiritual relatedness. Each day, practical and pragmatic suggestions integrated with emotional insight deepen our understanding and awareness of the way in which empathy sits in relationship with spirituality and emotional intelligence, supporting us in enriching the quality of our personal...

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