



Coffee Thoughts: Reflections for a Peaceful Life

By David Dalton

iUniverse, United States, 2012. Paperback. Book Condition: New. 211 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. Thoughts shape our reactions, tailor our responses, and contribute wholeness to our psychological well-being, while shaping our spiritual attributes and structuring our relational interactions. In Coffee Thoughts, author Dr. David Dalton offers reflections to help shape and analyze our thoughts. Throughout this guide to managing your own thought processes, Dalton explores some of the doubts, fears, and perplexities he has experienced in various life situations and illustrates how he found comfort and guidance in his spirituality and in simple pleasures. He presents forty reflections followed by personal coaching questions, covering a host of life experiences: Reflecting deeply Embracing the situation Learning to trust Rediscovering one's gifts Admitting weakness Expressing the beauty of today Exhibiting faith among life's challenges Intended for daily use and study, Coffee Thoughts offers a gentle and relaxed way of approaching what is often one of our most feared challenges, the remaking of ourselves.

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