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Restoring My Soul: The Pursuit of Spiritual Resilience

Bill W. Flatt

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Tough times don't last.

Tough people do.

How do you find the heart to go on?

In Restoring My Soul, Bill Flatt tells you how hundreds of good people have made it through the difficult times in life - depression, anxiety, low self-esteem, anger, grief, divorce, suicide - by using the three main ingredients of spiritual resilience:
• discipline,
• persistence, and
• faith.

They made it; you can too!

Bill Flatt, Ed.D., is an experienced minister, a licensed counseling psychologist and professor of counseling at Harding graduate School of Religion in Memphis, Tenn. He is also the author of From Worry to Happiness, Building a Healthy Family, Since You Asked, and Growing Through Grief.

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Shirley Williams:

Spent a free time to be fun activity to try and do! A lot of people spent their down time with their family, or their own friends. Usually they accomplishing activity like watching television, likely to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? Might be reading a book can be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the book untitled Restoring My Soul: The Pursuit of Spiritual Resilience can be great book to read. May be it may be best activity to you.

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