



# Coming to Life: Traveling the Spiritual Path in Everyday Life

*Polly Berrien Berends*

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## **Coming to Life: Traveling the Spiritual Path in Everyday Life** Polly Berrien Berends

Here is a non-traditional approach to life that questions the "myth of maturity". Berends stresses that, rather than being so concerned with becoming impressive, self-reliant adults, people need to be aware of an underlying universal force that guides, protects and binds. In becoming spiritually awake, they can find meaning in everything.

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