



## Digesting Life: Creating Awareness

By Johanna Engwerda

Brolga Publishing Pty Ltd. Paperback. Book Condition: new. BRAND NEW, Digesting Life: Creating Awareness, Johanna Engwerda, Digesting Life, Creating Awareness is a unique look at how to live a spiritual life in a Western setting. Johanna Engwerda has lead a typical modern life. Career as a health professional, marriage, children, illness, divorce, remarriage. what has been extraordinary about this "ordinary" woman has been her continuous search for spiritual meaning in her Western life. Using her life experiences and studies of Buddhism and Jungian dream analysis, Johanna draws intelligent parallels between ancient wisdom and modern science and logic. Digesting Life, Creating Awareness will be inspiring to anyone interested in transforming their day-to-day existence to a life of awareness and enlightenment.



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