



The Purpose: Your Soul's Emotional Journey: Learning How to Experience Life Through a Different Lens

Rick Lindal

Download now

[Click here](#) if your download doesn't start automatically

The Purpose: Your Soul's Emotional Journey: Learning How to Experience Life Through a Different Lens

Rick Lindal

The Purpose: Your Soul's Emotional Journey: Learning How to Experience Life Through a Different Lens Rick Lindal

Are you feeling lost in life? Do your emotions sometimes overwhelm you? Do you wonder why bad things happen? Written for readers from diverse backgrounds, this book explores the purpose of our emotional journey through life from a psycho-soul perspective and helps us answer the question "Why am I here?" It is a handbook for surviving the inevitable ups and downs that we all must cope with as we experience the intense emotions of life. With therapeutic insights drawn from over 30 years' experience as a clinical psychologist, and based on his own autobiographical journey, Dr. Lindal invites you to look at your life through a different lens. While in part a fictionalized story, the teachings he offers on self-exploration and understanding will help you understand the purpose of your existence. Dr. Lindal's teachings are woven into an 'easy-to-read' story that follows the adventures of Rikki, whose soul sets off on a journey from the Spiritual Dimension into a lifetime on Earth. Born to parents in Iceland, Rikki's boyhood and early teenage years are woven into Icelandic folklore, which includes ghosts, elves, and trolls, until one day, he meets Old Soul who becomes his spiritual mentor. In conversations with Old Soul and over the course of this lifetime, as he leaves the shores of his native land and immigrates to Canada and to England, Rikki learns about earthly existence and how we are responsible for creating our own reality within it. He also learns about our simultaneous spiritual existence within the Spiritual Dimension and the reasons why we choose to experience negative emotions in life. In his numerous conversations with Old Soul, Rikki is given important lessons about fate and free will. He learns about love, how love develops between lovers, and his own sexual orientation. He also learns about the negative emotions, such as; fear, anxiety, anger, depression, guilt, power and hate, and the circumstances that may lead people to perform evil acts, and ways to prevent that from happening. Rikki's inspirational backstory of coming to terms with his own sexuality is woven into the storyline of this book, with the intent to motivate the reader to find purpose and meaning in their soul's own adventure through life. (Note: This is a revised and an expanded 2nd edition of Dr. Lindal's initial book, published in 2012, under the title *Slice Of Life: A Self-Help Odyssey*. Also, the slightly higher price of this edition of the hardcover is due to the added feature of color text and color photographs within the book).

 [Download The Purpose: Your Soul's Emotional Journey: Learn ...pdf](#)

 [Read Online The Purpose: Your Soul's Emotional Journey: Lea ...pdf](#)

Download and Read Free Online The Purpose: Your Soul's Emotional Journey: Learning How to Experience Life Through a Different Lens Rick Lindal

From reader reviews:

Danny Chamberland:

Do you have favorite book? Should you have, what is your favorite's book? E-book is very important thing for us to know everything in the world. Each publication has different aim or goal; it means that publication has different type. Some people really feel enjoy to spend their the perfect time to read a book. These are reading whatever they acquire because their hobby is reading a book. Consider the person who don't like reading a book? Sometime, person feel need book after they found difficult problem or exercise. Well, probably you will need this The Purpose: Your Soul's Emotional Journey: Learning How to Experience Life Through a Different Lens.

Jason Ayers:

What do you consider book? It is just for students since they're still students or the item for all people in the world, what the best subject for that? Just simply you can be answered for that query above. Every person has different personality and hobby for every other. Don't to be pushed someone or something that they don't want do that. You must know how great in addition to important the book The Purpose: Your Soul's Emotional Journey: Learning How to Experience Life Through a Different Lens. All type of book can you see on many sources. You can look for the internet resources or other social media.

Ella McCoy:

Book is to be different for every single grade. Book for children until eventually adult are different content. As we know that book is very important for us. The book The Purpose: Your Soul's Emotional Journey: Learning How to Experience Life Through a Different Lens has been making you to know about other expertise and of course you can take more information. It is quite advantages for you. The book The Purpose: Your Soul's Emotional Journey: Learning How to Experience Life Through a Different Lens is not only giving you far more new information but also to become your friend when you experience bored. You can spend your personal spend time to read your guide. Try to make relationship with the book The Purpose: Your Soul's Emotional Journey: Learning How to Experience Life Through a Different Lens. You never really feel lose out for everything in the event you read some books.

Cathy Kerby:

Many people spending their time frame by playing outside using friends, fun activity with family or just watching TV the entire day. You can have new activity to shell out your whole day by reading through a book. Ugh, you think reading a book can really hard because you have to take the book everywhere? It alright you can have the e-book, bringing everywhere you want in your Smartphone. Like The Purpose: Your Soul's Emotional Journey: Learning How to Experience Life Through a Different Lens which is having the e-book version. So , try out this book? Let's see.

Download and Read Online The Purpose: Your Soul's Emotional Journey: Learning How to Experience Life Through a Different Lens Rick Lindal #0KINXS4JUCR

Read The Purpose: Your Soul's Emotional Journey: Learning How to Experience Life Through a Different Lens by Rick Lindal for online ebook

The Purpose: Your Soul's Emotional Journey: Learning How to Experience Life Through a Different Lens by Rick Lindal Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Purpose: Your Soul's Emotional Journey: Learning How to Experience Life Through a Different Lens by Rick Lindal books to read online.

Online The Purpose: Your Soul's Emotional Journey: Learning How to Experience Life Through a Different Lens by Rick Lindal ebook PDF download

The Purpose: Your Soul's Emotional Journey: Learning How to Experience Life Through a Different Lens by Rick Lindal Doc

The Purpose: Your Soul's Emotional Journey: Learning How to Experience Life Through a Different Lens by Rick Lindal Mobipocket

The Purpose: Your Soul's Emotional Journey: Learning How to Experience Life Through a Different Lens by Rick Lindal EPub