



Woman Spirit Awakening in Nature: Growing into the Fullness of Who You Are

Nancy Barrett, Ph.D. Chickerneo

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This book is your invitation to experience the life-energizing process of reclaiming your spiritual roots through nature--be it your backyard or the wilds of the forest.

Nancy Barrett Chickerneo, a twenty-year veteran leading women's retreats, guides you on a journey into nature to reconnect with your senses--what you see, hear, touch, taste and smell--in order to reactivate your ability for personal discovery. Combining creativity, playfulness and spiritual depth, she poses eight life-changing questions that help you explore ways to awaken, transform and nurture your spirit. Practical exercises for individual or group use encourage you to let go of self-judgment and seek balance in your everyday life, empowering you to find your own path to spiritual growth.

Whether you have picked up this book out of curiosity, longing--even skepticism--you will be inspired to get out there into nature to reclaim the person you were created to be.

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