



Inneractions: Visions to Bring Your Inner and Outer Worlds into Harmony

Stephen C. Paul

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In *Illuminations*, Stephen Paul drew from his experience as a therapist, counselor, and teacher to compose a collection of proverbs to inspire and assist those seeking personal change and renewal. *Inneractions* continues this process through and beyond the point of "illuminations," offering meditations and proverbs designed to enhance and sustain the growth, change, and self-acceptance that have been achieved. This book is for those who have been willing to face their personal issues and do the work necessary to remove the inhibitions, misconceptions, fears, and doubts that have limited them in the past.

Stating that is now the time "to catch the rhythm and join the dance" and "to pass through the door when it opens," *Inneractions* provides a clear roadmap for integrating the self with the beauty of the natural world and for being able to accept and receive its gifts.

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