



# Deep Peace: Healing in Our Lives

*Ellen J. Nunnally*

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## **Deep Peace: Healing in Our Lives** Ellen J. Nunnally

In this sensitive look at healing, J. Ellen Nunnally explores the dimensions of human suffering and the redemptive power of prayer. *Deep Peace* examines several facets of healing through the prism of different faith traditions. Nunnally includes a variety of exercises which allow readers to access the deep peace within.

“As twenty-first century Christians, we're called to practice peace and make peace in a world far from healing. We can do this through reverence for life, through generosity and good health, through acts of forgiveness and reconciliation. None of this is easy; it all takes practice and time. But if we begin these practices, then we'll start to heal from past hurts and grievances, from all harmful things. If we begin to heal, then others around us will begin to heal and find peace themselves.”

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