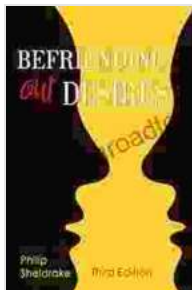


# Befriending Our Desires: A Radical New Approach to Spirituality and Personal Growth



## Befriending Our Desires by Philip Sheldrake

★★★★☆ 4.7 out of 5

Language : English

File size : 605 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 146 pages

Lending : Enabled



**By Philip Sheldrake**



## **Are you ready to befriend your desires?**

In his groundbreaking book, *Befriending Our Desires*, Philip Shel Drake offers a new understanding of desire and its role in our lives. Shel Drake argues that desire is not something to be feared or suppressed, but rather a powerful force that can be harnessed for good.

When we befriend our desires, we open ourselves up to a world of possibility. We learn to trust our instincts, follow our dreams, and live a more authentic life. Sheldrake provides a wealth of practical tools and exercises to help you befriend your desires and create the life you want.

If you're ready to break free from the limitations of the past and embrace the power of desire, then *Befriending Our Desires* is the book for you.

### **What Others Are Saying About *Befriending Our Desires***

"*Befriending Our Desires* is a must-read for anyone who wants to live a more fulfilling life. Sheldrake offers a fresh perspective on desire and its role in our spiritual growth." - **Marianne Williamson, author of *A Return to Love***

"Philip Sheldrake is a wise and compassionate guide who can help you navigate the complexities of desire. *Befriending Our Desires* is a powerful book that will change the way you think about yourself and your world." - **Jack Kornfield, author of *A Path with Heart***

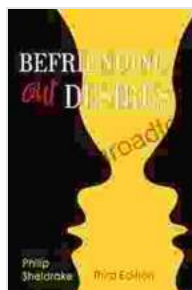
"*Befriending Our Desires* is a groundbreaking book that challenges the traditional view of desire as something to be feared or suppressed. Sheldrake offers a new understanding of desire and its role in our lives, and provides a wealth of practical tools and exercises to help you befriend your desires and create the life you want." - **Tara Brach, author of *Radical Acceptance***

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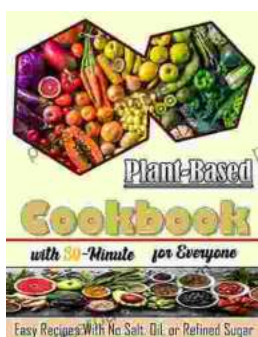
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