



The Quiet Voice of Soul: How to Find Meaning in Ordinary Life

Tian Dayton Ph.D.

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We hear the word soul in song lyrics and read about it in books and poems--it has been analyzed and scrutinized by songwriters, poets and researchers throughout history. Though soul may seem mysterious, it is hardly inaccessible. It is with us all the time, quietly waiting to be discovered.

In this soulful work, Dr. Tian Dayton opens our eyes to the many truths and expressions of soul--through family, relationships, feelings, play, the universe and spirituality. The soul is not only ephemeral but fundamentally ordinary and familiar. It is available to us at all times and exists in all things. The thoughtprovoking quotes, illustrative vignettes and practical exercises in this marvelous book will serve as your road map to a more meaningful life. You may be pleasantly surprised at just how rich your life can be by appreciating where you are right now.



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