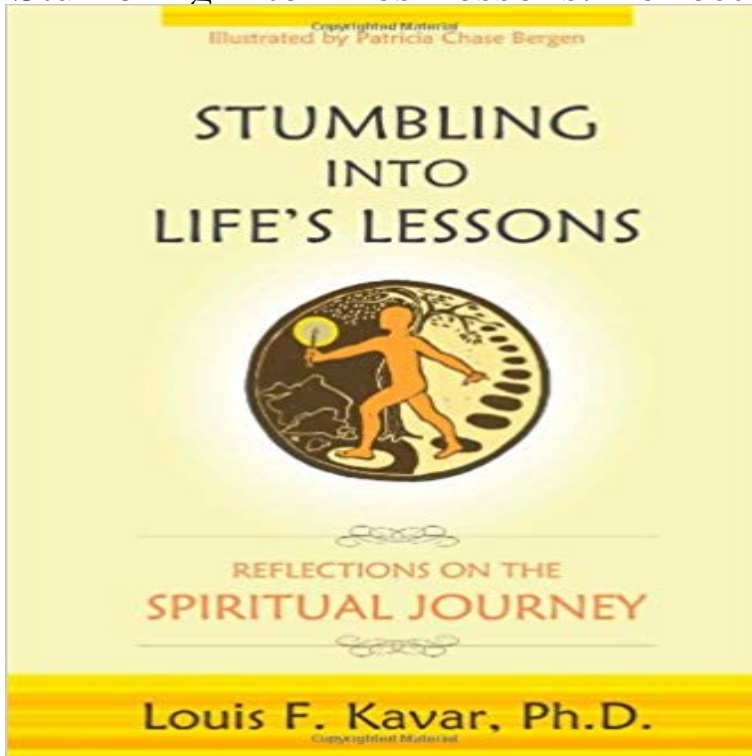


# Stumbling Into Lifes Lessons: Reflections on the Spiritual Journey



Interested in integrating spirituality into your busy, professional life? This collection of brief reflections will be worth stumbling upon. Stumbling into Lifes Lessons is a collection of essays written by Louis F. Kavar as he moved from a fast-paced life in administration to a life characterized by more focused spiritual practices. Themes explored in Stumbling into Lifes Lessons include: Role of spirituality in personal growth Spiritual understanding of ecology and environment Integration of spiritual practices in rhythm with a professional life Challenges from slowing the pace of life. After traveling two-thirds of each month working in international development and holding a series of demanding administrative positions, Dr. Lou Kavar realized that his life needed to change. Following twelve years of fast-paced professional life, Dr. Kavar moved to the Southwest to live a more intentional and mindful life marked by spiritual practice and reflection. Stumbling into Lifes Lessons invites you to integrate spirituality into your daily life and create positive changes enhancing your quality of living.

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