



## **Becoming: A Spiritual Guide for Navigating Adulthood**

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# Becoming: A Spiritual Guide for Navigating Adulthood

## Becoming: A Spiritual Guide for Navigating Adulthood

This elegant volume offers itself as a spiritual companion for young adults and all who live amid transitions and tensions.

Dozens of carefully selected readings address themes that are prominent for people in their twenties and early thirties. The topics include:

- Passion and purpose
- Identity
- Community
- Losing and finding
- Justice and creation

Each section features reflections from Unitarian Universalist young adults, as well as poems, prayers, and opening and closing words from contemporary and ancient peoples. This treasury of uplifting and thought-provoking meditations can serve as a guide and provide comfort on our never-ending journey of becoming.

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People live in this new moment of lifestyle always try and must have the time or they will get wide range of stress from both everyday life and work. So , when we ask do people have time, we will say absolutely sure. People is human not a robot. Then we inquire again, what kind of activity have you got when the spare time coming to anyone of course your answer can unlimited right. Then do you try this one, reading books. It can be your alternative with spending your spare time, often the book you have read is definitely Becoming: A Spiritual Guide for Navigating Adulthood.

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