



# The Purpose of Life: Answers from the Soul & Tools for Spiritual Growth

*Linnea Bailey Ph.D.*

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## **The Purpose of Life: Answers from the Soul & Tools for Spiritual Growth** Linnea Bailey Ph.D.

We are all seekers. We all hunger to understand the mysteries of life, to make sense of life's purpose and meaning. We all have questions about the reality we sense under the surface of our day-to-day existence. In *The Purpose of Life: Answers from the Soul and Tools for Spiritual Growth*, author and psychologist Linnea Bailey, Ph.D., has provided both a guide for understanding our lives in the context of spirit, and a valuable set of practices for spiritual growth. In an accessible question-and-answer format, Bailey shares spiritual wisdom about those "Big Questions" we all wonder about, such as: Why are we here? Why do bad things happen to good people? Why is there so much pain and suffering in the world? Why does God let children die? What are the main spiritual lessons we are here to learn? What are our greatest psychological needs? What happens to us after we die? What is the purpose of relationships? The question and answer section of the book covers a wealth of topics, both mystical and practical, including karma, how it is created and cleared, human spirituality, the lessons we are on Earth to learn, as well as fresh approaches to topics such as abortion, illness, pain and suffering, darkness, and death. This knowledge transmits the author's sense of God as a spirit of love and Light, and resonates with truth, love, and joy. Another major section of this book is a compendium of tools for spiritual growth. Bailey explains dozens of strategies simply and directly, with advice on how the seeker might best utilize them, and often giving sources for further help or information. Linnea Bailey distills a lifetime of spiritual growth into *The Purpose of Life*. Those on the path of spiritual growth, both novices and longtime seekers, will find this volume an effective lifelong companion.

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