



The Spirit-Led Life: Christianity and the Internal Family System

Mary K Steege

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The Spirit-led Life is the story of one woman kicking and screaming her way to grace and spiritual maturity, particularly as it comes through the psycho-spiritual model of therapy known as Internal Family Systems. In the company of such characters as the Coyote Christ and Holy Canary, Mary Steege offers a theologically astute and spiritually sound look at the parallels between Christianity and the Internal Family Systems model. Humorous and poignant, this book points us toward our own experience of divine presence and the possibility of healing. It includes interviews on spirituality with Richard C. Schwartz, developer of the model.

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