



## Walking on Fire: The Journey Back from Chronic Pain and Suffering (Paperback)

By Paul Nobes

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm.

Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Walking On Fire: The Journey Back from Chronic Pain and Suffering contains the message that no matter what pain and suffering you're experiencing there are ways to control it, overcome it, and live life to the fullest in spite of it. Having grown up in Harare and Zimbabwe, Africa, Nobes incorporates the survival lessons he learned into practical tools and techniques for enduring physical, emotional and spiritual pain. His harrowing, colorful (and often humorous) stories of adversity in the African Bush are perfect examples of how to face obstacles and challenges life tosses at you. Daily trials and adversities can be a challenge and can weigh you down, so sometimes you need your own private little treehouse where you can get away from it all and become rejuvenated and revitalized. Paul's goal is for his OASIS OF HOPE AND HEALING website and books to become a safe haven for like-minded people (like you!) to become energized, supported and nurtured, and to live a healthy, happy, exciting life. You may have experienced the devastating...

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