



# Guide for the New Age: a journey toward finding wisdom

*Pamela Dow*

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## **Guide for the New Age: a journey toward finding wisdom** Pamela Dow

“Guide for the New Age” offers tidbits of wisdom designed to help the reader deal with bumps along the spiritual path. This alphabetical journey begins with “A” - for example anger, an emotion we all encounter, and ends with “Z” - zestful, a level of joy we all need in our lives. Along the way we visit dozens of topics: Wounded Child, Guilt, Forgiveness, Communication and Meditation, to name a few. Have fun reading my “food for thought.” I’ve loved writing it.

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