



The World Within Me: A Personal Journey to Spiritual Understanding

Peter Houghton

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In this thoughtful and profound account Peter Houghton charts his personal quest for the spirit. His extraordinary story is written during the time in which he had received a diagnosis of terminal heart disease and reflects on the ways in which being about to die developed his ideas about spirituality and humanity. He describes the development of his search for understanding and meaning in life from an initial sense of spiritual awareness through stages of uncertainty and despair to the ultimate formation of a unifying personal philosophy. Writing in an accessible and personalised style he discusses important questions about ethics and meaning in life, the problem of evil, and organised and personal religion, considering the ideas of Christianity and other faiths.

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