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Autore	Copan Victor A.
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Sommario/riassunto	This book takes you on a journey that unpacks and demystifies what spiritual growth is and how it unfolds. The aim is to set you on your own path toward genuine, personal spiritual transformation. The book provides all the tools you need--biblical, scientific, and practical--so that you can develop your own pathway for spiritual growth. What is unique about Victor Copan's approach to spiritual growth is that he explores recent findings of brain research as well as scientific research on habit formation and brings them into conversation with the process of spiritual formation. Research on the b