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### The Self Improvement Show Archives Available

February 04th 2016: Simple Spirituality

Jim Nourse was with us before talking about the Hawaiian practice of Ho'oponopono. He is back with us to talk about his new edition of "Simple Spirituality: Finding Your Own Way." In Jim's words, "It is about that vertical dimension, written for the person who has no time but for whom spirituality has arrived on the set and is demanding a part in the series. It is written for the person who wants a jump start but does not want to be taken on a tour." He says that through simple decisions to become aware, to awaken, in the course of the day, we can begin to discover our own unique spirituality

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### Featured Guest



#### Dr. Jim Nourse

Dr. Jim Nourse has been in private practice since 1980. From 1975 to 1980 he served as Staff Psychologist and director of Clinical Psychology Training at the Hampton, Virginia V.A. Medical Center and as Assistant Professor of Psychiatry and Behavioral Sciences at the Eastern Virginia Medical School.

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