

# **Simplifying everyday problems through spirituality**

*Former addict fuses spiritual principles, ancient wisdom and contemporary science*

LONDON – Everybody makes mistakes in life. The question is where one goes from these mistakes in order to make a positive change in life.

In Michael Angelo Le Houx's new book, "Far More Than We Think: Making Sense of Spirituality", the reader is given a fusion of contemporary and ancient wisdom, scientific fact and personal experience to help prove that all of us are capable of *far more than we think*.

Le Houx delicately yet honestly talks about the challenges of his former life, through seven compelling sections that build to a conclusion that there is more to our existence than we may have previously thought possible.

"Far More Than We Think" is an intimate and informative book that helps readers from a variety of backgrounds to better understand the spiritual science behind the troubles that many face in life. Le Houx has given his audience a guide to quiet the mind so that the spirit, love and true understanding can begin to shine through.

"If anybody ever thought that there must be more to life than their current experience so far, then this book could mark an important turning point" Le Houx said.

"Far More Than We Think" explains why spirituality makes sense and how it impacts all aspects of one's life.

"Far More Than We Think: Making Sense of Spirituality"

By: Michael Angelo Le Houx

ISBN: 978-1452584881

Available at Amazon, Barnes and Noble, and BalboaPress online bookstores

## **About the author**

Michael Angelo Le Houx is an accountant, former finance director and recovering alcoholic who is committed to helping others fulfill their true potential. He has tasted the elixir of success and achievement in his life and has also suffered the lonely despair of depression and alcoholism. His reflections on spirituality are well researched and potentially of widespread significance.

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