



# Foreword

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There are times when our “striving for” seems like a fruitless expedition that will never result in that illusive inner peace and fulfillment that we all hope awaits us. However, the truth is that our ultimate destiny is not far away. In fact, it is closer than many can imagine. Fortunately, on our search we are privileged to meet or discover gifted guides and teachers who nurture, inspire, and lead us to that place of peace and wisdom. Dr. Bob Gottfried is one of those people. I would like to congratulate him for helping his readers find a shortcut on their spiritual journeys and for providing a means to live in the deep moment so that anyone can find their life’s purpose.

*Shortcut to Spirituality* provided me with a new way of viewing my life. Dr. Gottfried’s approach opened my eyes to the wisdom and beauty within and around me. It enabled me to find the serenity of the moment instead of the chaos of the past and the insecurity of the future. I was able to work through complex emotions resulting from an abusive childhood and to grow in ways I never imagined possible. I was also able to break free of thoughts and patterns that prevented me from truly experiencing life in all of its magic and glory. I firmly believe that this book will help you, the reader, to look deep within and to understand who you really are from both a psycho-emotional and, more importantly, a spiritual perspective.

I would highly recommend this book to anyone interested in learning important life lessons that will assist in resolving stress,

anxiety, anger, and depression. The book also teaches how to deal with difficult people and conflicts that result in a variety of challenging emotions. Dr. Gottfried's work contains a myriad of fresh concepts about the ways we operate and what really drives us. It was refreshing to find new ideas to help me negotiate the path of my life. I believe that *Shortcut to Spirituality's* unique approach can save years of searching for inner serenity through either meditation or cognitive techniques alone. Dr. Gottfried's stories of experience are filled with meaning and humor, making this book a powerful tool for those wishing to transform their traditional and limiting ways of thinking into spiritual wisdom that is both inspiring and liberating.

If you have ever heard that voice inside of you crying or even whispering, "Mend my life!" then this book will provide you with the light on the path of your journey.

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