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Wholeness in Living: 12 Practices Reflecting on the Power of Inner Peace

Mayte Picco-Kline, Masters degree in Psychology

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New book Invites Readers to Exercise Creativity for an Experience of Inner Harmony in the Journey through Life

“*Wholeness in Living* takes the reader into an exploration of the highest spiritual principles, as expressed by great teachers and reflected in the richness of Mayte Picco-Kline’s own life experiences. Mayte speaks from her heart with clarity, vision and insight as she takes the reader through steps that lead to action, growth, and that priceless goal: peace in our hearts, leading to a greater collective peace in the world.” -- Cheryl Canfield, Counselor and President of Friends of Peace Pilgrim. Author of *Profound Healing: The Power of Acceptance on the Path to Wellness*

Mayte Picco-Kline, author and international counselor, has worked with thousands of people over the years, sharing her understanding of universal values with audiences of all educational levels, religions and social backgrounds. Her work for peace has attracted interviews in the print and broadcast media in three countries and at the turn of the millennium she developed and co-organized an academic seminar held at the University for Peace in Costa Rica, sponsored by the United Nations.

Wholeness in Living (SolarM Publishing, June 2007) explores what it means to embrace it all in a spirit of unity and peace while appreciating the uniqueness in each human being. As Picco-Kline writes, “We all can become peacemakers, in our homes, our communities, for the whole world. It is our individual privilege. We all dwell together as we cooperate in common well-being by sharing what is best in ourselves and recognizing what is best in others.”

Wholeness in Living is a contemplative book to come back to for further review at the reader’s pace. The ideas in action Picco-Kline explores include: seeing each moment as an opportunity for meaningful living; appreciating and sharing abundance; feeling peace within; seeing each situation as a fruitful source of experience; sharing in the splendor of generosity and the joy of service; discovering mission in life; and striving toward most cherished ideals.

Focusing on the power of each person to find his or her own answers to their situations, this book offers guiding affirmations and invites the reader to develop a personal approach in living, and most of all, it celebrates life and the joy that can be experienced when, as Mayte says, “a receptive heart is filled with hope, peace, love, beauty and understanding”.

About the Author

MAYTE PICCO-KLINE is a Psychologist and international counselor who facilitates the process of exploring inner peace and living in wholeness. In her writings and public presentations she shares her personal and professional experience conducive to health, prosperity and happiness. Mayte lives in Lititz, Pennsylvania with her husband and travels extensively in the Americas and Europe. Visit her website at: www.SolarM.net.

Wholeness in Living by Mayte Picco-Kline

June 2007 ♦ Spirituality/Personal Growth

Trade Paperback ♦ Price: \$15.00

142 pages ♦ 6” x 8”

ISBN: 978-0-9794895-0-1