

Anchor in the Spirit as God Beings: More Than Mere Human

Phyllis Reid

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Reviewed by Vicki Landes for Reader Views (1/08)

Psychotherapist, Behavior Modification Specialist, Traumatologist, and Truth Practitioner Phyllis Reid adds another title to her already-impressive list of specialties: published author. With the release of “Anchor in the Spirit as God Beings: More Than Mere Human,” Reid explains her standpoint on spirituality and hopes to provide an alternative to the more traditional religious outlets of today.

“Anchor in the Spirit as God Beings: More than Mere Human” is a New Age approach to religion. Instead of focusing on an external divine source, Reid’s process turns within to discover the personal ‘inner God’ with the use of thankful prayers, joyful songs, and stimulating meditation. As her subtitle shows, she sees people as ‘more than mere human’ – further noting that we possess ‘God DNA’ and have the potential to become truly enlightened individuals. She divides her book into four sections to better break down her methods for easy emulation and even uses many examples from her individual struggles as examples of how she applied her techniques in her own life.

Author Phyllis Reid writes a deeply passionate coaching manual for those searching for a more personalized style of spirituality. Utilizing the Bible as a guide, she presents her interpretation to the scriptural references in order to solidify her points. Despite quite a few spelling errors, the book is thought-provoking, fervent, and emotional. “Anchor in the Spirit as God Beings: More than Mere Human” is a fascinating read.

“Anchor in the Spirit as God Beings: More than Mere Human” is definitely for someone looking for a more individualized approach to religion. Reid’s process is meant for each uniquely different person to reach inside and learn what their ‘inner God’ is for them. Her methods are best for those searching for a heaven here on earth – tranquility, joy, contentment during this lifetime.

Jamaica native Phyllis Reid has found her inner peace and shares her steps to transformation in her new book, “Anchor in the Spirit as God Beings: More Than Mere Human”. While utilizing her own story of conversion, she paints a genuinely personal portrayal of her methods while encouraging others to follow in her footsteps to spiritual enlightenment.