



# Author Pens A Book about Finding Peace from Within

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*Author Pens A Book about Finding Peace from Within*

LEXINGTON, MA, USA, December 6, 2017 /EINPresswire.com/ -- Author Robert H Wellington presents a novel that takes it's readers on a voyage of self-discovery while finding solace in nature.

[Water Wisdom](#), A Journey of Discovery is a book that finds peace in all things, even the occasional tempest expressing itself through nature's fury. It is a story of one mans (Hall's) solo canoeing adventure through the waterways of the unspoiled Canadian north woods; a journey that refreshes him, body, mind and spirit.

Robert H Wellington's novel is a blend of narrative, prose, and poetry. His words will transport his readers to a world of peace, a world where each of us connects, not merely as players but as co-creators with the One Creator.

The author has spent many years canoeing and camping as participant and guide in the Great Canadian North Woods. He draws upon these experiences to transport his readers to a world that too few ever see, a world of tangible wonder.

Water Wisdom, leads its readers on a journey of discovery. It is the author's great hope that each of his readers will find something special in his words, something that renews and energizes their own journey, something full of wonder.

About the Author:

[Robert H. Wellington](#) is a lover of spirit in all its infinite forms, from family and friendships to escaping in nature. He is a husband, father, grandfather and businessman. He finds great peace in the outdoors and has participated in and/or led many canoe trips through Canada's pristine waterways. It is from these trips that he draws the inspiration for Water Wisdom. Finding spiritual continuity and connectedness across all of life's experiences has been his passion and as he puts it, "a joyful ride indeed."

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