The Book Spirituality 103 Has an Impressive Acceptance in the First 6 Months Since Its Publication

_Spirituality 103 is the third book in the Spirituality Of The School Of Life series, preceded by Spirituality 101 and 1.2. The author received many reviews and awards for his two previous books by organizations like the National Indie Excellence Awards, Reader's Favorites, USA Best Book Awards, Storyfinds, Focus On Women magazine and the Kirkus Book Review, among others._

SAN JUAN, Puerto Rico (PRWEB) December 15, 2017 -- Spirituality 103: The Forgiveness Code: Finding the Light in our Shadows tells the story of the Warriors of Light, their encounter with the Warriors of Shadows, and the imaginary battle that will determine whether the Warrior of Light will get the coordinates needed to return to his source, the Light, the forgiveness code. Of course, these concepts refer to our soul, and how we deal with emotions, guilt, and other obstacles in our spiritual journey. That's why the author refers to this book as his "guilt buster".

In its initial reviews, Spirituality 103 was chosen as a Global Change Maker by Be Magazine. Missy Crutchfield and Melissa Turner, founders, and editors of Gandhi's Be Magazine say in their article about Spirituality 103: "Dr. Ivan Figueroa-Otero writes of a journey of love, compassion, and forgiveness we must all take as we truly embrace our inner Warrior of Light. It is easy to identify the 'enemies' out there, but real change will not show up [...] until we transform the 'enemy' we have created within, and often over the course of a lifetime. This is the power of forgiveness and reconciliation that Mahatma Gandhi taught us in his philosophy of nonviolence, and this is the profound lesson of forgiveness and reprogramming that Dr. Ivan Figueroa-Otero so eloquently introduces us to in Spirituality 103."

Less than six months after its publication, Spirituality 103 has an impressive amount of acceptance. It won an award and a place as a finalist in two categories of the 6th Annual Beverly Hills Book Awards, and was a finalist in the Reader's Favorite Awards. Also, it was one of Indie Reader's Best Reviewed Books of October 2017 in Huffington Post magazine. Since reaching the #1 bestseller place for its genre, it remains an Amazon 100 top best seller in both English and Spanish since its publication in May, 2017.

[https://www.huffingtonpost.com/entry/indiereader-best-reviewed-books-ofoctober_us_59e7b04ae4b0e60c4aa36785](https://www.huffingtonpost.com/entry/indiereader-best-reviewed-books-ofoctober_us_59e7b04ae4b0e60c4aa36785)

Spirituality 103 is distributed by Balboa Press, a division of Hay House.

About the Author: Retired from the practice of pediatric surgery, Dr. Figueroa Otero is currently engaged in his private practice in San Juan, Puerto Rico and continues in his role as an educator, trying to achieve full integration of traditional Chinese acupuncture courses in the curriculum of medical schools and to incorporate meditation techniques in preventive and therapeutic medicine.

For more information about Spirituality 103 visit: [http://www.ivanfigueroaoterm.com](http://www.ivanfigueroaoterm.com). You can also call Dr. Figueroa-Otero at 1-787-728-6032 or write to ifiguero(at)prtc.net.
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