When Allen Nohre was originally approached to write a newspaper column for the City Sun Times in Phoenix, Arizona, he decided to write on a topic he knew pretty well—his life! His nostalgic and introspective essays chronicle moments in his life that showed him a presence greater than himself and brought him both inspiration and comfort.

Now, for the first time, his columns have been collected into a single volume. *A Soul from Minnesota* includes recollections from Nohre’s Minnesota childhood as well as reflections on his current life in Arizona.

*A Soul from Minnesota* is available on Amazon and Kindle.

**About the Author**

Allen Nohre has spent his life learning from his experiences and examining his spirituality. He studied analytical psychology at the Jung Institute in Zurich, Switzerland, and considers himself to be a Jungian Lutheran.

Nohre possesses degrees in theology, pastoral counseling, and healthcare management. He has worked as a hospital chaplain, a supervisor of clinical pastoral education, a CEO of a series of psychiatric hospitals, and a personal business coach.

Nohre was born in Elbow Lake, Minnesota, but sought warmer climes. Since 2000, he has been writing and living in Carefree, Arizona, with his wife, Kathie.

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