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Simple Abundance: A Daybook of Comfort and Joy

Sarah Ban Breathnach

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With the grace of Anne Morrow Lindbergh's Gift from the Sea and the wisdom of M. Scott Peck's The Road Less Traveled, Simple Abundance is a book of 366 evocative essays-one for every day of your year-written for women who wish to live by their own lights. In the past a woman's spirituality has been separated from her lifestyle. Simple Abundance shows you how your daily life can be an expression of your authentic self ... as you choose the tastiest vegetables from your garden, search for treasures at flea markets, establish a sacred space in your home for meditation, and follow the rhythm of the seasons and the year. Here, for the first time, the mystical alchemy of style and Spirit is celebrated. Every day, your own true path leads you to a happier, more fulfilling and contented way of life-the state of grace known as... Embrace its gentle lessons, savor its sublime common sense, dare to live its passionate truth, and share its extraordinary and exhilarating gift with every woman you encounter: the authentic self is the Soul made visible. With the grace of Anne Morrow Lindbergh's "A Gift from the Sea" and the wisdom of M. Scott Peck's "A Road Less Traveled", this practical, inspirational daily guide provides a meditation or exercise for every day of the year to help women pare down their lives and clear through their mental clutter.

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Joycelyn Chambers:

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