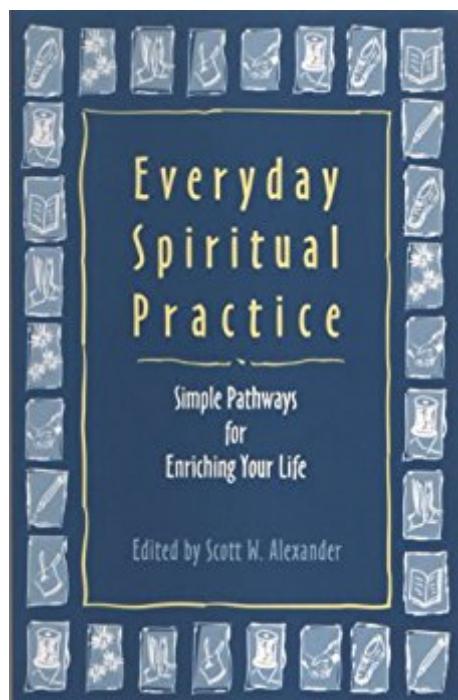


The book was found

# Everyday Spiritual Practice: Simple Pathways For Enriching Your Life



## **Synopsis**

Have you wondered how to integrate your heartfelt beliefs into your daily life? Here nearly 40 contributors ponder this creative dilemma and share their discoveries. Creating a home altar, practicing martial arts, fasting, quilting -- these are just some of the ways they've found to make every day more meaningful and satisfying.

## **Book Information**

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## **Customer Reviews**

This book is a great place to begin if you want to change up or even begin your spiritual practice(s). I highly recommend this book for newbies and those who are pros in the area of spiritual practice because it shows you first hand accounts written in their own words, of people who used/use these ideas. Very creative and worth the purchase for people of all religions and paths.

The book is a compilation of spiritual practices of a range of people, from doing everyday things mindfully, to practices which may be completely new to you. I can see it is one I will keep on a

handy shelf and refer back to whenever I feel "stuck."

Well written, helpful and varied.

Thoughtful compendium of essays on living a more spiritual life through specific daily practices. Our UU group discussed one section each week for 7 weeks and felt we benefitted from the study.

These essays affirm some of my practices and expand my idea of how the everyday can be made holy. Recommended.

We are using this book for our spirituality class. Every other week we discuss a reading and give input as to how it applies to our individual experiences.

good book so far 41-72 pages taken a class on Thursday eve

This was required reading for a class. It is a great book if looking for or thinking of starting a practice but it is very basic.

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