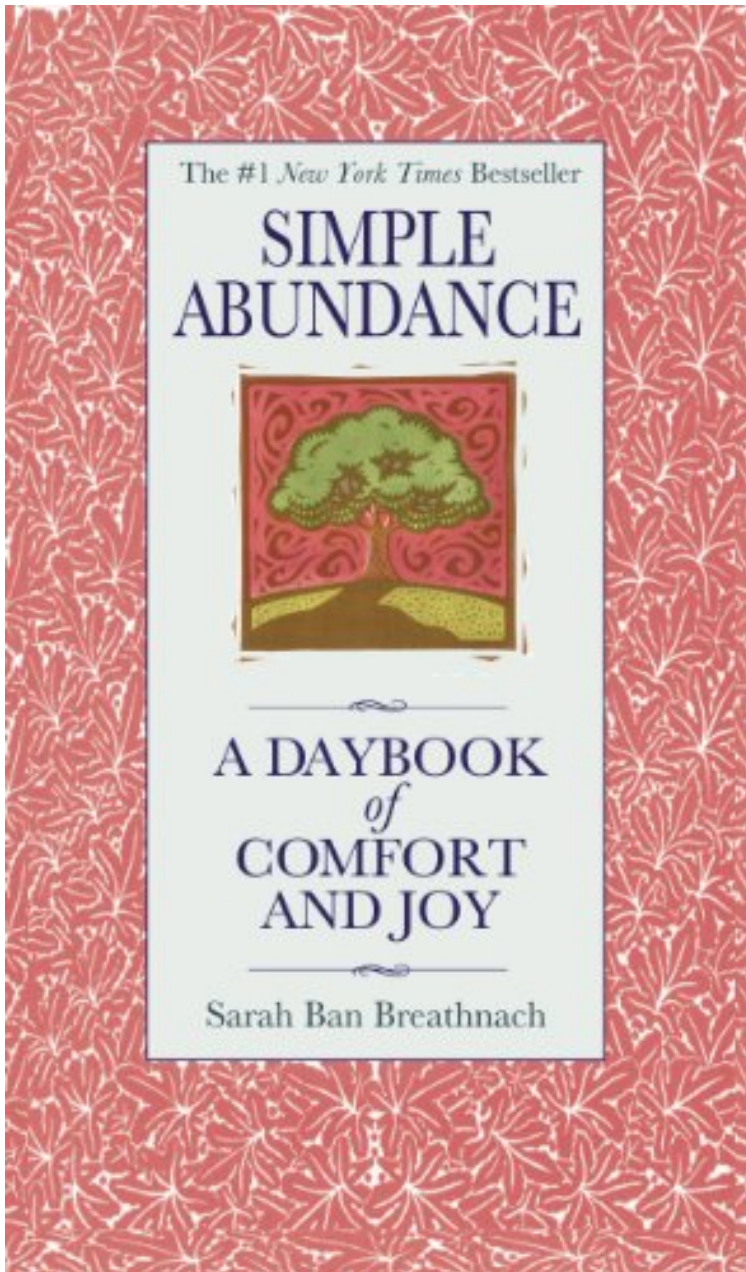


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Simple Abundance: A Daybook of Comfort of Joy (English Edition)



*Par Sarah Ban Breathnach
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Par Sarah Ban Breathnach : Simple Abundance: A Daybook of Comfort of Joy (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Simple Abundance: A Daybook of Comfort of Joy (English Edition):

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Description : Description du produitThe bestselling inspirational guide we can use to help us lead more fulfilling, harmonious, joyful lives is now available on CD. Sarah Ban Breathnach's classic, with over 120,000 copies in print, encourages you to live the 'Real Life' for which you were created. To live a truly authentic life, people must excavate their talents from layers of denial, disbelief and the delay of their dreams. In SIMPLE ABUNDANCE: Living By Your Own Lights adapted from her NYT #1 bestseller,

Sarah leads the listener on a journey of self and spirit illuminated by six simple principles: Gratitude, Simplicity, Order, Harmony, Beauty and Joy. By embracing the gentle lessons in SIMPLE ABUNDANCE: LIVING BY YOUR OWN LIGHTS, everyone can discover how daily life can be an expression of authentic self.

Prsentation de l'diteurWith 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..comThis book features 366 essays penned from a woman's perspective. Sample topics include gratitude, harmony, self-nurturing, positive body image, the importance of scented linen closets, and many others. Each essay sports a pithy quote from (surprise!) the likes of Kahlil Gibran. Viewed uncritically, it's hard to argue with Simple Abundance's earnest admonitions to appreciate life, in all its messy imperfect excellence. And the fact that serenity and happiness are each in dreadfully short supply can excuse some of the treacly writing. But Breathnach sometimes lapses into what can only be described as her "Martha Stewart on Prozac" voice, and the results are aggravating to the extreme: "If you've been hesitant to strike up a reciprocal relationship with your guardian angel, don't be." Fans of guardian angels will greet these feel-good essays every morning with the rising sun, a cup of mint tea, and a bluebird chirping on the windowsill, and be happy. Skeptics will prefer their coffee very black.From AudioFileThe print version of this book included meditations for each day of the year. In adapting it for audio, Sarah Ban Breathnach reorganizes those meditations into six sections, all of which relate to simplifying one's life and clarifying one's priorities. She reads them over a background of the music she listened to while writing the book. This works well, as does her calm, caring delivery. When she tells a story from her own experience, Breathnach is completely convincing, and one can sense that her compassion is based upon empathy. However, many of the book's examples are specific to women, a choice that may make the work less appealing to male listeners. G.T.B. AudioFile 2003, Portland, Maine-- Copyright AudioFile, Portland, Maine