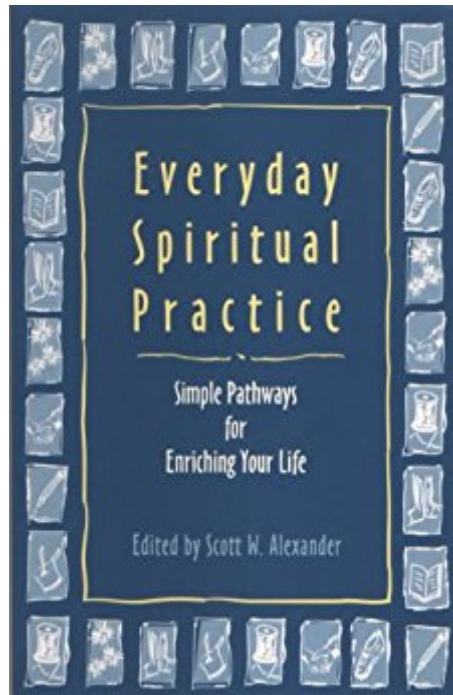


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# Everyday Spiritual Practice: Simple Pathways For Enriching Your Life



## 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

Everyday Spiritual Practice is for anybody who wants to deepen their spirituality, but isn't entirely sure how. Each chapter focuses on a particular spiritual practice (meditation, prayer, fasting, for example) offering an introduction to the practice. Some things not typically understood as spiritual disciplines are included here, such as marriage, gardening, and cooking, giving the reader valuable insights into daily mindfulness. The recommended reading list provides further direction for seekers. Practical and wise, I highly recommend this book.

A wonderful collection of ideas to help you implement spirituality into your life. There are several

chapters that provide ideas on how one might include spirituality into daily living. Not every idea is going to appeal to every person, but there is enough variety and depth that everyone should come away with helpful ideas. This book is especially appropriate for persons who are willing to consider other avenues to spiritual living besides only Christianity.

I ordered this book because it was required reading for a 10 month course. I really liked the book. It is an easy read - with each practice presented in a few pages. I was especially impressed by the variety of spiritual practices included and the objective, non-judgmental nor dogmatic text, something not always easy to find. Great book. So glad to have read it. Highly recommend it.

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."

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.

This book includes several essays by different people regarding their everyday spiritual practices. The essays offer meaningful approaches towards spirituality and the importance of it during one's everyday living, regardless of one's religious heritage or beliefs (if any). It is especially recommended for anyone who considers themselves to be spiritual, but not necessarily religious.

A good overview and some nice pieces, but I wish there might have been some longer, more thoughtful essays included.

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