

Sabbath: Finding Rest, Renewal (Paperback)

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Reviews

A top quality ebook and also the font employed was interesting to read. This is for those who statte there was not a worth studying. Your life span will probably be enhance when you total looking at this ebook. (Billy Christiansen)

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SABBATH: FINDING REST, RENEWAL (PAPERBACK)



Bantam Doubleday Dell Publishing Group Inc, United States, 2000. Paperback. Condition: New. Bantam Trade PB. Language: English . Brand New Book. In today s world, with its relentless emphasis on success and productivity, we have lost the necessary rhythm of life, the balance between work and rest. Constantly striving, we feel exhausted and deprived in the midst of great abundance. We long for time with friends and family, we long for a moment to ourselves. Millennia ago, the tradition of Sabbath created an oasis of sacred time within a life of unceasing labor. Now, in a book that can heal our harried lives, Wayne Muller, author of the spiritual classic How, Then, Shall We Live?, shows us how to create a special time of rest, delight, and renewal--a refuge for our souls. We need not even schedule an entire day each week. Sabbath time can be a Sabbath afternoon, a Sabbath hour, a Sabbath walk. With wonderful stories, poems, and suggestions for practice, Muller teaches us how we can use this time of sacred rest to refresh our bodies and minds, restore our creativity, and regain our birthright of inner happiness.

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