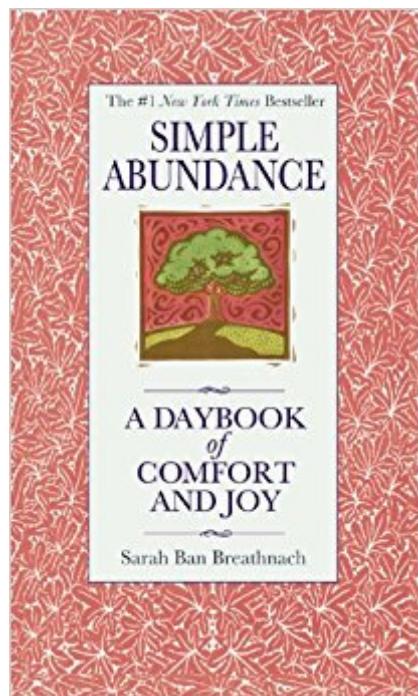


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# Simple Abundance: A Daybook Of Comfort And Joy



## **Synopsis**

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.

## **Book Information**

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## **Customer Reviews**

This 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. --This text refers to an out of print or unavailable edition of this title.

In addition to SIMPLE ABUNDANCE, Sarah Ban Breathnach is the author of THE SIMPLE ABUNDANCE JOURNAL OF GRATITUDE, SOMETHING MORE, and MRS. SHARP'S TRADITIONS. She has an upcoming book, PEACE AND PLENTY, due out in Fall 2010. She currently resides in Lincolnshire, England, with her husband. Please visit her website at [www.simpleabundance.com](http://www.simpleabundance.com).

This book is in my top five of favorite books. I have given away at least eight copies to women I've met throughout my life since this book came out. You can read it daily for an entire year, or pick it up and open it to any page and you will be inspired for sure. If you or someone you know is trying to figure out how to live authentically and live by your own light this is the perfect book. Great book to give to any 20 or 30 something woman, my friends and I wished we had this when we were that young!

For years - since it's publication, actually - I keep losing this book (moving, loaning it out, etc) and buying it again. I don't think I'll ever stop reading/re-reading it. There's always something in there that speaks to me. I seem to welcome every January 1st by opening up to page one.

Recently purchased it for a friend after a discussion we had. She is enjoying it greatly as did I. First purchased this in the 90s and loved it. Super great for women you love to learn more about themselves, like self-improvement books and are just plain worn to a frazzle and need to make life more simple! It has day by day short readings beginning in January. I received mine a few months into the year and read the entire thing all the way through in a few days and restarted it at the correct month. Read the last page of the month first since it has suggestions for things to do in the month. It is spiritual, but not religious. Have read it through many times over the year.

My Sister recommended this book to me. She read hers over and over the past 20 years until it actually fell apart. I bought her and myself a new one. It was a surprise and she was more than delighted. Me too.

Written with a theme to think about/meditate on for each day of the year, it is a joy to read. I have treasured this book for years and always return to it.

I love this book, it has an entry to read every day of the year and I mean I only started it in January but I read the daily writing every day and find it incredibly inspiring. I also took the books advice and started a journal and I love it. This book helps you begin a journey to find yourself and also happiness that may be eluding you. There's just a lot of great motivation in this book and it really does change your life and the way you look at things in your life. So far my favorite "lesson" would be to accept your circumstances, the author wants you to be appreciative of your life and be present. Don't worry about the past and stress about the future, just live the best life you can now. Accept that this is your life and then do the things that make you most happy. I highly recommend this book to anyone searching for something in their lives they can't quite name, for anyone wanting to enjoy life, to those who want to be happy. The ability to be happy is in our hands and it's all about being grateful for what we have and figuring out what truly makes us happy. Great book.

Lovely book. I find something new in it everyday even though I have already been all the way through it once. Would purchase again.

The book arrived in a timely manner, however, for some reason Mr. Bomb decided to plaster his thank you for my order with clear tape that took up about 25% of the page when I opened the book. Since the book was to be a present for someone, I tried to remove his very polite thank you but could not . . . at least not without tearing the page. So though the price was right and the order correct, I would suggest to Mr. Bomb, or probably his associate, to not tape his thank you comments to the book. Hope this helps future buyers.

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