

The #1 *New York Times* Bestseller

# SIMPLE ABUNDANCE



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A DAYBOOK  
*of*  
COMFORT  
AND JOY

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Sarah Ban Breathnach

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Simple Abundance: A Daybook of Comfort and Joy



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#1 NEW YORK TIMES BESTSELLER Over 7 million copies sold in 30 languages! Simple Abundance is a reserve of evocative essays - one for each and every day of the year - for women who wish to live by their personal lights. as you select the tastiest vegetables from your own garden, search for treasures at flea marketplaces, set up a sacred space in your house for meditation, and follow the rhythm of the times of year and the entire year. The authentic self may be the Soul made noticeable. Every day, your own accurate path will lead you to a happier, even more fulfilling, and contented way of life.. A woman's spirituality is normally frequently separated from her life-style.. Embrace its gentle lessons, savor its sublime good sense, and dare to live its passionate truth. Simple Abundance shows you how your daily existence is definitely an expression of your authentic self .



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Essential reading for anybody going through difficult times This book really helped me through the first two years of having left my husband and the ensuing divorce. I'd read dozens of devotionals, but this one is different. I've reordered it going back 5 years! I grew so much through scanning this. And I came across keeping the gratitude journal especially healing. Super great for women you love to learn more about themselves, like self-improvement books and so are just plain worn to a frazzle and need to make life more simple! If you can only have one reserve for all those hard times, that is it. A favorite for sure! This book is in my own top five of favorite books. Lovely prompts. The actual book is really PRETTY too - makes it easy to keep it at your fingertips or on display. If you or someone you understand is trying to figure out how exactly to live authentically and live by your own light this is actually the perfect reserve. Great book to give to any 20 or 30 something girl, my friends and I wished we had this whenever we were that young!. Recently purchase it for a pal after a discussion we had." I 1st purchased the book "Basic Abundance in 1997.. I buy this reserve for my close friends who 're going through hard times. It has daily short readings beginning in January. This simple journal started my recovery from depression and bad thoughts. Great relevant content though it was created in the 90s. It is spiritual, but not religious.. This simple journal started my recovery from depression and bad thoughts. I've reordered it going back .. I have already been completing these for the past 15 years. I received mine a couple of months in to the year and read the entire thing completely in a few days and restarted it at the right month. It is not overtly of anybody religion, so that you can consider her mentions of the Spirit to fit into your personal faith journey. An excellent tool to start your entire day. Great present for a young adult..despite the fact that its a devotion book you can examine or reread it not really in date order. She helps me reflect and connect to my sensual, even more aware self. She has provided me with therefore much insight. This author is my spirit animal.. There are short passages for each day of the year, by period (although I discover myself binge reading it at times). I will be keeping it on regular rotation. You can read it daily for an entire year, or pick out it up and open it to any web page and you will be inspired for sure. Five Stars Great book! I really like you! but therefore applicable to todays day and age- amazing daily snippets of reading and reminders about prioritizing and ... Written ages back, but so relevant to todays day and age- amazing daily snippets of reading and reminders about prioritizing and being truly a woman and a individual and a person and treasuring little things and stepping back and searching at the whole picture.. Daily Record of Gratitude..thought provoking, comforting, and perception-ally directive. Don't worry about days gone by and stress approximately the future, just live the very best life now you can. Life is about gratitude my friends! Inspiring! This book helps you commence a journey to end up and also happiness which may be eluding you. The journal itself is usually delightful and I am looking towards journaling! I also had taken the books suggestions and began a journal and I love it.! There's just a lot of great motivation in this publication and it certainly does change your daily life and how you look at things in your life. So far my favorite "lesson" is always to accept your circumstances, the writer wants you to be appreciative you will ever have and become present. On New Years day examine your journal from the previous year, you will be amazed at what a wonderful 12 months you had! We'm reading the reserve right now and enjoying it quite definitely. I highly recommend this book to anyone looking for something within their lives they can't quite name, for anybody wanting to take it easy, to those who wish to be happy. The capability to be happy is in our hands and it's about being grateful for what we've and determining what really makes us content. Great book. perfect perfect A fantastic read multiple times reserve... Read the last web page of the month 1st since it has suggestions for things to do in the month.. I cannot get enough of this reserve. I cannot recommend it extremely enough. Each day prior to going to sleep, list five issues that occurred that day for which you were grateful,

nothing at all bad only the good. Have go through it through many times over the year.I have bought the book for many girlfriends. I love my daily readings from this reserve- they are short- they just take a few a few minutes to read, but are so very encouraging and uplifting and helpful in todays hectic, chaotic and rushed existence.First purchased this in the 90s and loved it.. Live a Less STRESSFUL LIFE!.. Beautiful book. The actual book is really PRETTY too - makes it simple to keep it within . Accept that is your existence and then do things that make you most happy. I plan to order another to provide as a Christmas gift. You'll possess a passage for everyday! I read this book everyday! As a part note: I am hoping that whoever was clearly going through so much discomfort discovered the peace and convenience they were looking for. The explanation stated that it was not written in. The first half of January has most definitely been created in. I love it Not in 'very good' condition I purchased book 'used' in 'extremely good' condition. I really like this book, it has an entry to read every day of the year and After all I just started it in January but I actually read the daily writing every day and discover it incredibly inspiring. I have given away at least eight copies to women I've fulfilled throughout my life since this book came out. Great book Great motivational book to begging in the brand new year Great complement to the book "Simple Abundance. She is enjoying it significantly as did I. I've kept a gratitude journal on and off for 20 years. I must say i love this journal as it has additional estimates and ideas just like the publication does. Thank for placing out lifestyle changing goodness, Sarah.



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