

Finding the Gift

Daily Meditations
for *Mindfulness*

"Refreshing insight and
an abundance of wisdom!"
MARCI SHIMOFF,
#1 NY Times Bestselling
author of *Happy for
No Reason*

ANGELA HOWELL



Angela Howell

Finding the Gift: Daily Meditations for Mindfulness



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Angela's words truly certainly are a Gift I have already been reading Finding the Gift each day since 1/1/18. Each morning I set apart 5 minutes to read the days passage and think about what it says. I love the personal help and motivational genre. However, I can't consider the limitless rambling and verbose style of most of the authors. I have a hihighlighter mounted on the book so I can highlight the countless pearls of wisdom Angela shares with us. This book is amazing! Angela talk with my heart. I have already recommended the book to my best friend. Choose this reserve! What a present I found. Finding the Gift speaks if you ask me everyday. I am so inspired by this devotional that I bought 6 more to provide to my daughters, sisters in rules and dear close friends. Angela Howell has been blessed to start to see the gifts we receive everyday and shares those insights in a way that helps others to consider those gifts. Daily readings are brief, positive and right to the point. I right now give it as something special to my friends and family! Worded in ways which can be inspiring to anyone, regardless of their religious or spiritual beliefs. I'm not always great about obtaining this read each morning, but reading it during the night helps me to reflect upon my day. This book will grab you, and won't let go. Absolutely love it. I've already found myself searching at existence differently, and feeling even more positive. This is an excellent publication that I'm thankful to have found. Many thanks to Angela for assisting so many find the presents! I start every day reading the daily selection from Finding The Gift. I plan to seek out other books written by this author. For those who appreciate positive and want to understand new suggestions to improve .. Outstanding writing and practical. Outstanding writing and practical Completely love it. It really is thought provoking in a very positive manner. For individuals who enjoy positive and want to learn new ideas to improve your thoughtfulness in your own lifestyle and surroundings then this is actually the book for you! Enjoy !! I have already been reading some of the same webpages over and over, because there is thus much wisdom in just a few terms that it's hard for me to just browse and go on. Finding the Gift happens to be a gift itself.. Recommend.! Finding the Gift speaks to me everyday. Then i set my intention for the day. I found a remarkable improvement in my day to day attitude and in my ability to handle life's ups and downs. Get to the point and give me actionable tasks or concise reflection factors please. This publication is perfect for the reason that it provides daily readings that are brief yet meaningful. I am not spiritual at all and generally avoid anything with a hint of religious beliefs. Angela's mentions about her spiritual thoughts and beliefs are not dogmatic at all. I must say i appreciate that you could read it by the day or seek out topics in the back. I discover this to be refreshing. Definitely recommend! I'm three days in and unquestionably love it! Finally bought it last week! Thoroughly inspirational and enjoyable! A perfect start to each day. It is written with care and provokes someone to give thought to what we say to ourselves and how better to treat ourselves with like. My friend, who also loves this book, gave me a hardback duplicate to replace the one that is coming apart. I've read it again and again so often that I must hold it together with a elastic band. The ragged one continues to be my favorite - sentimentality I suppose. This book is an ideal start to my day. Four Stars GREAT BOOK! Great way to start out my day! Love this book! I definitely love this book I absolutely love this book. Love it! I right now give it as a gift ... Love it! I browse it with my highlighter for all those parts that jump out at me.! Dee, Florida This book is excellent and I love reading the daily thoughts This book is great and I love reading the daily thoughts. Looking designed for bite sized motivational nuggets?



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