

SEASONS OF THE SPIRIT

DAILY MEDITATIONS
FOR ADULTS IN MID LIFE

SALLY COLEMAN & MARIA PORTER

(HAZELDEN)
MEDITATIONS

Sally Coleman and

Seasons of the Spirit: Daily Meditations for Adults in Mid-Life (Daily Meditations
for Adults in Mid-Life and Beyond)



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Compatible with Twelve Step principles, Seasons of the Spirit teaches those of us age 40 and beyond to let go of the past, embrace today's, and appearance forward to the future. Appropriate for Twelve Step principles, Months of the Spirit teaches those of us age group 40 and beyond to let go of the past, embrace today's, and look forward to the future. This assortment of 366 meditations celebrates the richness of maturity and the wisdom it can bring.



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Highly Recommended for a Daily Uplift. I am more than "middle age group" but this book seems to include me in its messages. I believe so a lot of it, that I have bought it as something special for friends. Like the daily help for the day in fact For my hubby..when I up... Great Meditations "Periods of the Spirit" was bought for me many years ago. Since I learned that it is moving away from print, I ordered several for future gifts, wishing it inspires the readers as much as me. I have many, many, web pages marked with "sticky notes"therefore i can readily make reference to them once again when needed. I have distributed copies to manyof my friends, and they all love the book. I recommend "Seasons of the Spirit:Daily Meditations.. Created for those in the mid lifestyle phase who need just that little "Its OK" everyday. I browse this Daily. It remains ever fresh for me personally. I received this publication from a friend maybe a decade ago and We still browse from it every morning. Just like the daily help for the day in fact. I can always look for a messagethat fills my spirit for the day. Seasons of the Spirit An excellent soul inspiring book which presents the reader with a daily chapter of positive provocative details.to anyone who requires a "friend" who understands, and "uplifts" them daily. To enjoy with the one you like, the one you experienced the joy of committment with or just yourself, a daily reminder that lifestyle is to be lived and fun 1 day at a time. Four Stars small print A Must Read Someone shared this book with me personally in Oct, 2012; since then I have purchased and shared it with 4 other folks - the best way to start the day off.. He reads it daily. I've given it to some of my friends.or when I am straight down.It "talks" if you ask me. It is very meaningful for people from all walks of existence. I enjoy reading the reflection every day. For individuals who want to increase their spiritual life, this is a must! Five Stars I had this publication myself and purchased two for close friends.



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