



## 100 Ways to Keep Your Soul Alive: Living Deeply and Fully Every Day

By Frederic Brussat, Mary Ann Brussat

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, 100 Ways to Keep Your Soul Alive: Living Deeply and Fully Every Day, Frederic Brussat, Mary Ann Brussat, This gift book is a care package for the soul, with 100 concise suggestions for day-to-day nurturing and healing of the spirit. It offers the inspiration and practical advice necessary to nurture, heal and care for the soul on a daily basis - despite the current pace and pressures of life. Under brief headlines, this book offers 100 quotations for reflection and 100 simple suggestions for moving from reflection to action. The quotations are drawn from a variety of cultures and spiritual traditions, including some from Thomas Moore, Marianne Williamson, Zen master Suzuki-roshi and the Talmud. This book should provide readers with ways to see the sacred in everyday life, while nourishing their self-esteem, opening new doors to imagination, and providing paths to a fresh appreciation of spiritual practice.



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