



Simple Abundance: A Daybook of Comfort and Joy

By Sarah Ban Breathnach



Note: This is not the actual book cover

Simple Abundance: A Daybook of Comfort and Joy By Sarah Ban Breathnach

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.

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Simple Abundance: A Daybook of Comfort and Joy By Sarah Ban Breathnach Bibliography

- Sales Rank: #9023950 in Books
- Published on: 2006-08
- Original language: English
- Number of items: 1
- Binding: Hardcover

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Editorial Review

Amazon.com Review

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.

About the Author

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.

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Thomas Depew:

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Guadalupe McCoy:

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