



Simple Abundance: A Daybook of Comfort and Joy

By Sarah Ban Breathnach

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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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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.

Users Review

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Freddie Patton:

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James Mace:

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Jason Scott:

The reason why? Because this *Simple Abundance: A Daybook of Comfort and Joy* is an unordinary book that the inside of the publication waiting for you to snap the item but latter it will jolt you with the secret it inside. Reading this book next to it was fantastic author who also write the book in such incredible way makes the content on the inside easier to understand, entertaining technique but still convey the meaning completely. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This excellent book will give you a lot of gains than the other book get such as help improving your proficiency and your critical thinking approach. So , still want to hold up having that book? If I have been you I will go to the e-book store hurriedly.

Kathryn Hebert:

In this period of time globalization it is important to someone to acquire information. The information will make you to definitely understand the condition of the world. The healthiness of the world makes the information much easier to share. You can find a lot of recommendations to get information example: internet, classifieds, book, and soon. You can view that now, a lot of publisher that will print many kinds of book. The book that recommended to you personally is *Simple Abundance: A Daybook of Comfort and Joy* this book consist a lot of the information with the condition of this world now. This particular book was represented how does the world has grown up. The words styles that writer make usage of to explain it is easy to understand. The actual writer made some exploration when he makes this book. Honestly, that is why this book appropriate all of you.

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