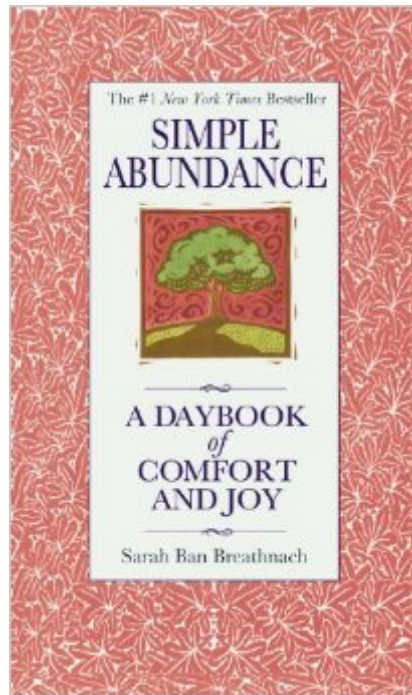


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Simple Abundance: A Daybook Of Comfort And Joy



Synopsis

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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Customer Reviews

Looked at one way, this is a collection of cheerful essays with homespun spiritual wisdom and housekeeping advice that satisfies our appetite for the nostalgic. Looked at another way, it's a terrifying reflection of a society of souls so sterile that we take comfort in being told it's okay to use scented bath products and buy flowers. Still, thousands of women have found meaning in the book, and they can't be all wrong. This book is more about abundance than simplicity. In places Ms. Breathnach does extol the virtues of simplicity and has you clearing clutter; in others she has you buying and hoarding and collecting everything, from fabric remnants, just in case some day you get

the urge to staple lace to the pantry shelves, to autumn leaves for exuberant Victorian tableaux, (aka dust-collectors). These things are much more fun to read about than to actually do. I don't want to tie little circles of fabric to the tops of jam jars; even when they're bought that way, I'm the one who gets to cut them off and throw them in the garbage. Nor do I want to replace the buttons on all my clothes with cute ones, I curse enough if I have to replace one where the manufacturer did a shoddy job. I don't want to know what decoupage is; and most especially, I really, really, don't want to buy a hat to cheer myself up. Having hot mulled cider after raking leaves sounds charming (and I loathe the cider), but the reality is that after raking leaves my back hurts, I'm exhausted and can barely crawl to the shower to wash the sweat and dead bugs off, and if I had to search for a hot mulled cider recipe I'd whack the nearest bystander with a poker. Since books are for reading and pondering, the pleasure in this one is in doing exactly that, and it does provide a lot of it.

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