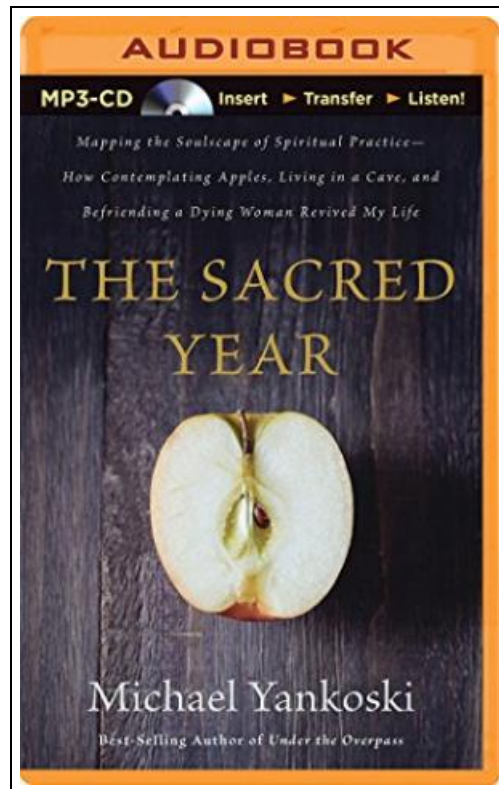


## The Sacred Year: Mapping the Soulscape of Spiritual Practice--How Contemplating Apples, Living in a Cave and Befriending a Dying Woman Revived My Life



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***(Odessa Graham)***

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Thomas Nelson on Brilliance Audio, 2014. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. One searcher s honest and fascinating journey to encounter God, love others, and discover his true self through a year of spiritual practices. Frustrated and disillusioned with his life as a Christian motivational speaker, Michael Yankoski was determined to stop merely talking about living a life of faith and start experiencing it. The result was a year dedicated to engaging in spiritual practices, both ancient and modern, in a life-altering process that continues to this day. Whether contemplating an apple for an hour before tasting it (attentiveness), eating on \$2.00 a day (simplicity) or writing simple letters of thanks (gratitude), Michael discovered a whole new depth through the intentional life. Stirred on by the guiding voice of Father Solomon, a local monk, Yankoski s life is slowly transformed. Both entertaining and heart-wrenching, Yankoski s story will resonate with those who wish to deepen their own committed faith.



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