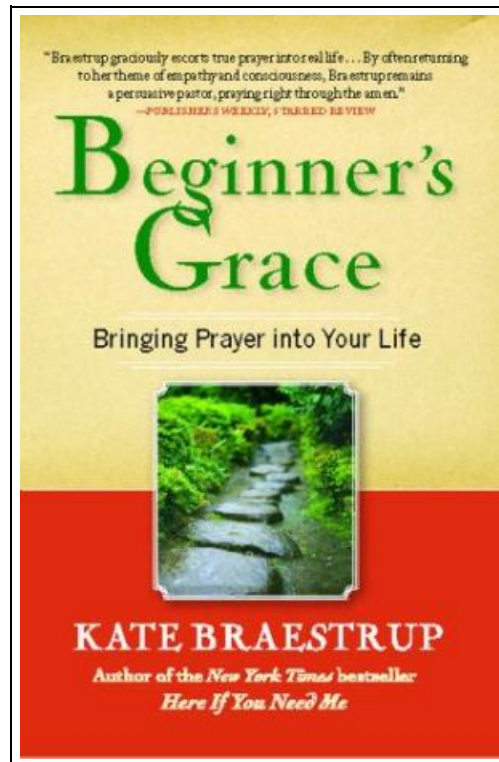


Beginners Grace: Bringing Prayer Into Your Life



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BEGINNERS GRACE: BRINGING PRAYER INTO YOUR LIFE

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Free Press. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 8.3in. x 5.5in. x 0.7in. Prayer is an ancient and simple way to prepare yourself for grace, or love, and to learn to recognize it when it comes. Even the briefest grace spoken before dinner offers its time-honored wisdom. Yet in spite of hundreds of traditions and teachings and books about prayer, millions of Americans have become ambivalent about it. They are unsure how, when, where, and even why they might pray, afraid theyll do it wrong, or worried that they wont be heard. Writing in the beautiful, funny, honest narrative style that moved and inspired readers of her first book, Here If You Need Me, Kate Braestrup explains what prayer is and the many ways we can pray. With an approach that is both personal and inclusive, Beginners Grace is a new kind of prayer book. Even if you dont pray and dont consider yourself religious, theres room in this book for you. In these pages, Braestrup explains how and why the practice of prayer can open a space in our busy lives for mindfulness, gratitude, contentment, and a wider compassion toward others. Inspired by her work as a chaplain, Braestrup includes many examples of prayers to draw from beginning with grace, a brief prayer of thanks. She provides clear models and practical suggestions for making your own and your familys prayers meaningful and satisfying, and offers prayers for situations in which words might fail: times of anxiety, helplessness, or grief. And she invites you to explore forms of prayer that extend into the wider community, including prayer with and for people we dont like or with whom we disagree. A welcoming modern guide to the simplest, most effective way to satisfy a universal spiritual hunger, Beginners Grace is for the...

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