



Beginners Grace: Bringing Prayer Into Your Life

By Kate Braestrup

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 they'll do it wrong, or worried that they won't 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 don't pray and don't consider yourself religious, there's 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,...



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