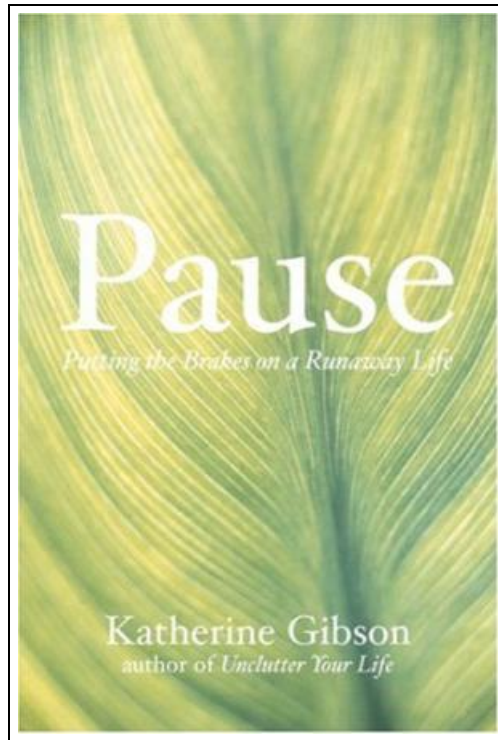


Pause: Putting the Brakes on a Runaway Life



Filesize: 6.94 MB

Reviews

This ebook is wonderful. It generally fails to price too much. Your lifestyle period will be transform as soon as you comprehensive reading this ebook.

(Otho Bergstrom)

PAUSE: PUTTING THE BRAKES ON A RUNAWAY LIFE



Insomniac Press. Paperback. Book Condition: new. BRAND NEW, Pause: Putting the Brakes on a Runaway Life, Katherine Gibson, As a society, we're exhausted. Today's hurried life entraps us at every level: from the early morning bolt out the door, to increasing workloads with reduced resources, escalating family responsibilities, social obligations, committee meetings, and exercise classes. We have packed away our passions to let the minutiae of life take over. Rather than live in harmony with our spirit, we buy a bigger truck or recarpet the living room. While some of us might be tempted to 'pull a Thoreau' and disappear into a personal version of Walden Pond, most of us can't or don't want to. We must create healthful interludes, daily pauses, to sustain us. This book aids readers to incorporate meaningful moments into the day. 'Pause' contains thirty coffee-break-length chapters, each offering a single idea, a single pause. Since our physical environments profoundly affect our interior landscape, the book begins with practical chapters about physical space. The book then explores three essential practices, or pauses, that are integral to healthful living. Chapters on practical (sometimes playful) and spiritual elements follow. From cooking with the kids, watching the snow fall on a Saturday walk, and escaping on mini-retreats to shamelessly enjoying small indulgences, this book offers suggestions for breaks from the daily grind-ones that nourish body and soul.



[Read Pause: Putting the Brakes on a Runaway Life Online](#)

[Download PDF Pause: Putting the Brakes on a Runaway Life](#)

Relevant Books

**The Mystery of God s Evidence They Don t Want You to Know of**

Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****.Save children s lives learn the discovery of God Can we discover God?...

[Save PDF »](#)

**The Monster Next Door - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Monster Next Door - Read it Yourself with Ladybird: Level 2, The Monster Next Door, George wants to be a monster, just like his neighbour...

[Save PDF »](#)

**How The People Found A Home-A Choctaw Story, Grade 4 Adventure Book**

McGraw Hill. Soft cover. Book Condition: Brand New. Dust Jacket Condition: No Dust Jacket. Brand New In Softcover Format, How The People Found A Home-A Choctaw Story, Grade 4 Adventure Book. 1-1-3.

[Save PDF »](#)

**The Diary of a Goose Girl (Illustrated Edition) (Dodo Press)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. Claude A Shepperson (illustrator). Illustrated. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was...

[Save PDF »](#)

**The Romance of a Christmas Card (Illustrated Edition) (Dodo Press)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. Alice Erclé Hunt (illustrator). Illustrated. 229 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was...

[Save PDF »](#)