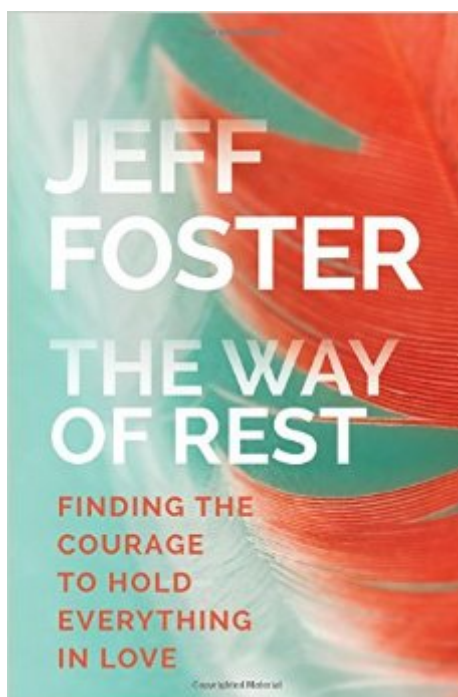


The book was found

The Way Of Rest: Finding The Courage To Hold Everything In Love



Synopsis

The Way of Rest gathers nearly 200 of Jeff Foster's most inspiring essays, poems, and reflections on restoring and reviving ourselves when we feel exhausted or defeated. Drawing from his personal journey—including his own struggles with illness and depression—Jeff invites us to contemplate the Way of Rest and its potential to transform our experience of: Imperfection—how we are gloriously flawed yet complete exactly as we are Not knowing—how we come to trust in the greater intelligence of life Melancholy and loneliness—how we learn to release the healing energies of exquisite sensitivity Ordinary moments—recognizing and receiving the closest thing of all Discomfort and discontent—how our frustrations become an opening to deep peace Love—rediscovering who we are beyond our carefully constructed facades Silence—discovering the vibrancy of living by letting go of thoughts and concepts I hope the words in this book inspire, challenge, and encourage you. But most of all, I hope they help you remember that you are life, inseparable from the power that grows the flowers and gives birth to galaxies, writes Jeff Foster. The Way of Rest brings you his companionship and support whenever you need it most.

Book Information

Paperback: 256 pages

Publisher: Sounds True (October 1, 2016)

Language: English

ISBN-10: 162203791X

ISBN-13: 978-1622037919

Product Dimensions: 5.3 x 1.4 x 7.9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Best Sellers Rank: #59,067 in Books (See Top 100 in Books) #138 in Books > Religion &

Spirituality > New Age & Spirituality > Spiritualism #437 in Books > Self-Help > Spiritual #1760

in Books > Self-Help > Personal Transformation

[Download to continue reading...](#)

The Way of Rest: Finding The Courage to Hold Everything in Love Boat Navigation for the Rest of Us: Finding Your Way by Eye and Electronics Pussycats: Why The Rest Keeps Beating The Rest, And What Can Be Done About It All At Sea: Finding Sweet Love Book 1 (Finding Sweet Love Series) Daring Greatly: By Brene Brown --- A Full Summary & More! -- How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead (Daring ... Audiobook, Paperback,

Cd, Hardcover) Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives A Place of Quiet Rest: Finding Intimacy with God Through a Daily Devotional Life Rhythms of Rest: Finding the Spirit of Sabbath in a Busy World Body Punishment: OCD, Addiction, and Finding the Courage to Heal The Courage To Be A Stepmom: Finding Your Place Without Losing Yourself Cat: Cats: Kittens: How to Take Care of Your Cat: Advice from a Cat Person: Everything You Need to Know from First Days to the Rest of Their Lives Everything Casino Poker: Get the Edge at Video Poker, Texas Hold'em, Omaha Hi-Lo, and Pai Gow Poker! The Everything Guide to Writing a Romance Novel: From writing the perfect love scene to finding the right publisher--All you need to fulfill your dreams (Everything®) The Everything Wedding Vows Book: Anything and Everything You Could Possibly Say at the Altar-And Then Some (Everything (Weddings)) The Everything Wedding Vows Book: Anything and Everything You Could Possibly Say at the Altar - And Then Some (Everything Series) #Love: #Love is Book #1 in the Adult Book Series Celebrating Love and Friendship (#Love, #Pretty, #Beautiful, #Beauty, #Me) (#Coloring #Book Series of Adult Coloring Books) To Hold A Rainbow: A Maui Love Story Finding Home (Finding Series, Book 1) Finding Peace (Finding Series, Book 3) Finding Forgiveness (Finding Series, Book 4)

[Dmca](#)