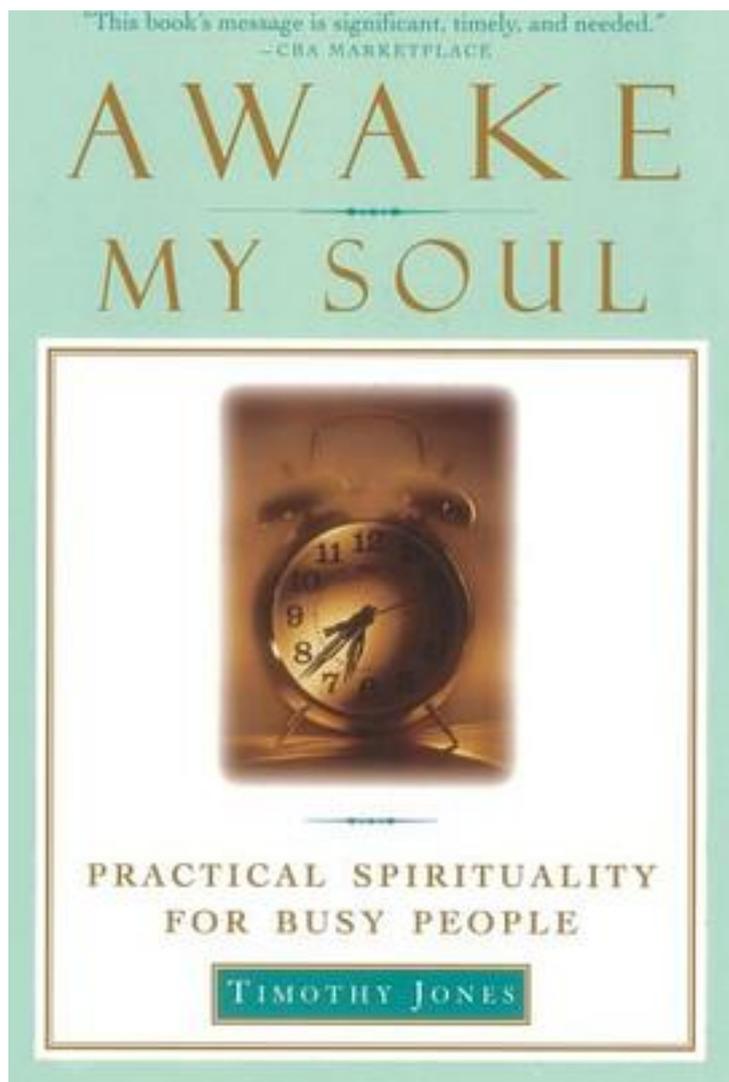


# Awake My Soul



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There is an undeniable hunger for spiritual nourishment and direction, but many of us don't have time for extensive, time-consuming exercises. In *Awake My Soul*, Timothy Jones offers an accessible spirituality that real people can incorporate into each busy day.

Beginning with the premise that you don't have to be a saint to be spiritually alive, Jones focuses our attention on twelve ways to find new meaning in everyday experiences. These suggestions are reminders of what we have forgotten along life's road--that God is within reach, and that we must keep our eyes and ears open to find grace and joy in the simplest things of daily life. Jones shows us how turning our thoughts to God can transform daily pressures into spiritual enrichment. Because his approach grows out of routines that are familiar to us all, it doesn't seem so overwhelming to make a long-term commitment to what promises to be the most rewarding contribution we will ever make to our spiritual well-being.

作者介绍:

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