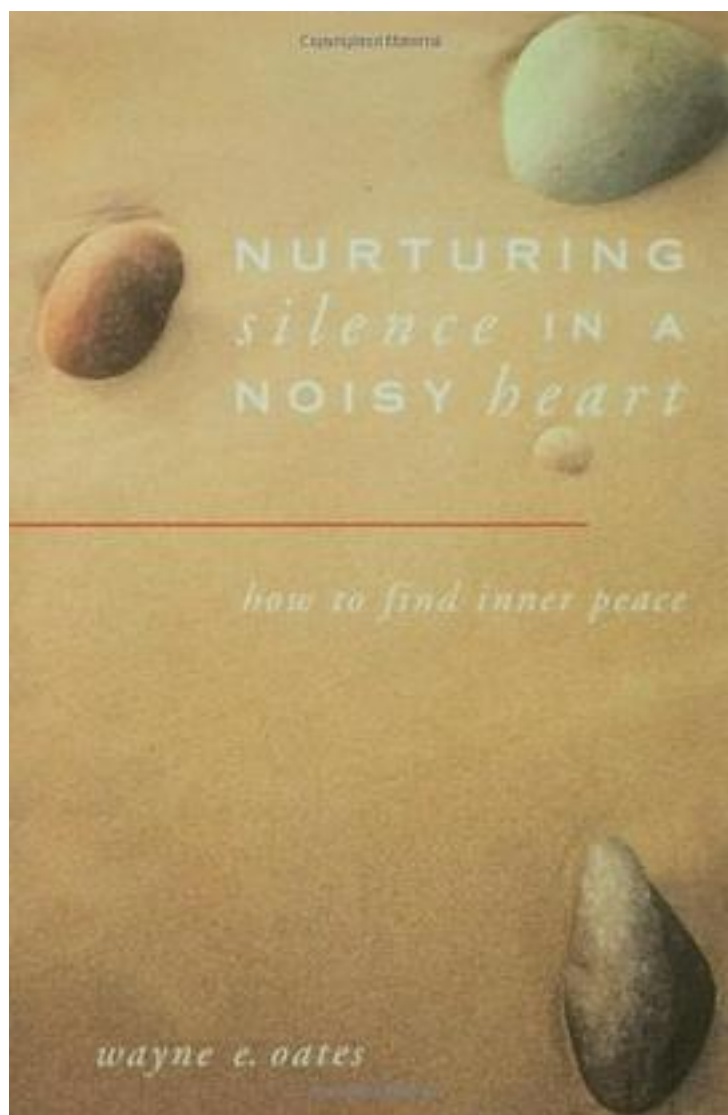


Nurturing Silence in a Noisy Heart



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How can we find serenity in the midst of so much noise without and within? Oates maintains that we can nurture silence in our lives if we truly value it and are eager and dedicated to nourishing it. In this book, he explores practical and spiritual ways to maintain peace and centeredness in our work, our relationships, and our daily routines.

作者介绍:

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