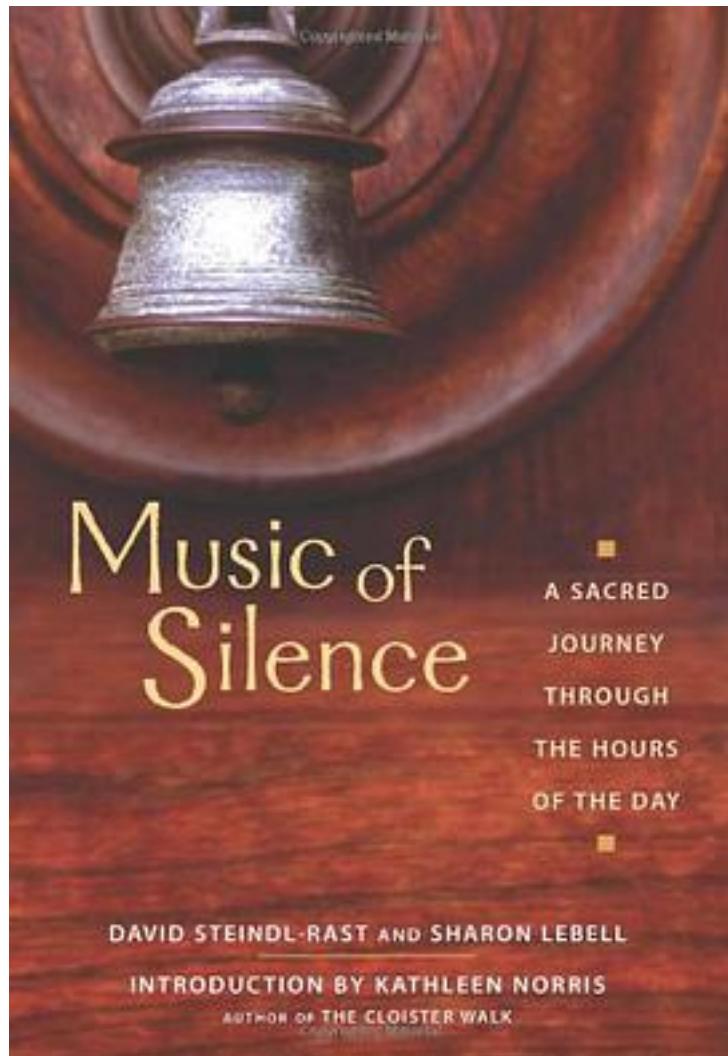


Music of Silence



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Music of Silence shows how to incorporate the sacred meaning of monastic living into everyday life by following the natural rhythm of the hours of the day. The book tells how mindfulness and prayer can reconnect us with the sources of joy.

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