



# Everyday Spiritual Practice: Simple Pathways for Enriching Your Life

*Scott W. Alexander*

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## **Everyday Spiritual Practice: Simple Pathways for Enriching Your Life** Scott W. Alexander

Forty inspiring contributors share their personal spiritual practices for making each day more meaningful and satisfying--from meditation and prayer, to recycling and vegetarianism, to quilting and art. This collection suggests a wide variety of ways in which you can spiritually examine, shape, and care for your life, to achieve wholeness, satisfaction, depth, and meaning.

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