



Fully Awake and Truly Alive: Spiritual Practices To Nurture Your Soul

Jane E. Vennard

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Fulfill the reality that the glory of God is the human fully alive.

"Reverend Vennard is fearlessly awake to the wild dance of life. Rather than sleeping through life, she awakens to it. Rather than escaping from reality, she embraces it. Rather than distracting herself with a life to come, she dares to live the life that is. And she wants you to do all this as well. Read this book. Live this book. Wake up."

?from the Foreword

In a culture enthralled with technology, striving and speed, people of many faith traditions and no faith tradition long to slow down, pay attention and wake up to the present moment. They want help in realizing their hope that they can become more truly alive.

This engaging and highly readable book offers you guidance for the journey. Sharing stories from her personal life as a spiritual seeker and from her professional career as a retreat leader, spiritual director and teacher, Reverend Jane Vennard illustrates the joys and frustrations of spiritual practice, offers insights from various religious traditions, and provides step-by-step exercises and meditations to practice:

Caring for the body • Rest • Silence Solitude • Letting go • Community • Hospitality • Service • Living gratefully

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Arturo Hasan:

The actual book Fully Awake and Truly Alive: Spiritual Practices To Nurture Your Soul has a lot details on it. So when you check out this book you can get a lot of profit. The book was published by the very famous author. Tom makes some research before write this book. This book very easy to read you will get the point easily after perusing this book.

Nancy Dabney:

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