



# **Finding Time for Your Self: A Spiritual Survivor's Workbook - 52 Weeks of Reflections and Exercises for Busy People**

*Patty de Llosa*

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## **Finding Time for Your Self: A Spiritual Survivor's Workbook - 52 Weeks of Reflections and Exercises for Busy People** Patty de Llosa

Inviting busy women and men to connect with deeper longings for self-fulfillment as they navigate the stressful demands of daily life, the thought-provoking reflections in this volume are followed by practical exercises for a weekly study over a year. Most of us feel scattered a lot of the time; like the dismembered Egyptian god Osiris, we are spread out all over our personal world. *Finding Time for Your Self* offers help to bring ourselves back together again and learn how to remember ourselves, not by withdrawing from the world but by being engaged right in the middle of our daily life. These 52 reflections on familiar life situations help the reader stay inwardly alive and present to meet life's many challenges—to pause and reflect at any moment of the day. They are followed by practical exercises that offer day-by-day experiments to assist in finding a more balanced sense of ourselves in the midst of outer activity.

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