



The Goodnight Book (Daily Readings)

Richard Bewes

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The Goodnight Book is intended for... well, pretty well anybody of whatever philosophical or cultural background. Millions would concur with the author's experience at some point in their lives. The action-packed day that makes 'winding down' difficult, the fear of what 'tomorrow' may bring; pressures on the marriage, in the workplace or family; decisions looming ahead, the heaviness of grief - or the sheer trauma of moving house! It's said by psychologists that the last thing we think about at night tends to stay with us, and become a part of the subconscious, thus affecting our mental and emotional make-up. So here it is one page at a time - one page of truth per evening!

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