



Simple Abundance: A Daybook of Comfort and Joy

Sarah Ban Breathnach

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With the grace of Anne Morrow Lindbergh's *A Gift from the Sea* and the wisdom of M. Scott Peck's *A Road Less Traveled*, this practical, inspirational daily guide provides a meditation or exercise for every day of the year to help women pare down their lives and clear through their mental clutter. Ribbon marker.

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