

# [PDF] Simple Abundance: A Daybook Of Comfort And Joy

**Sarah Ban Breathnach - pdf download free book**

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**Books Details:**

Title: Simple Abundance: A Daybook o

Author: Sarah Ban Breathnach

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## **Description:**

This book features 366 essays penned from a woman's perspective. Sample topics include gratitude, harmony, self-nurturing, positive body image, the importance of scented linen closets, and many others. Each essay sports a pithy quote from (surprise!) the likes of Kahlil Gibran. Viewed uncritically, it's hard to argue with *Simple Abundance's* earnest admonitions to appreciate life, in all its messy imperfect excellence. And the fact that serenity and happiness are each in dreadfully short supply can excuse some of the treacly writing. But Breathnach sometimes lapses into what can only be described as her "Martha Stewart on Prozac" voice, and the results are aggravating to the extreme: "If you've been hesitant to strike up a reciprocal relationship with your guardian angel, don't be." Fans of guardian angels will greet these feel-good essays every morning with the rising

sun, a cup of mint tea, and a bluebird chirping on the windowsill, and be happy. Skeptics will prefer their coffee very black. --This text refers to an out of print or unavailable edition of this title.

**About the Author** In addition to SIMPLE ABUNDANCE, Sarah Ban Breathnach is the author of THE SIMPLE ABUNDANCE JOURNAL OF GRATITUDE, SOMETHING MORE, and MRS. SHARP'S TRADITIONS. She has an upcoming book, PEACE AND PLENTY, due out in Fall 2010. She currently resides in Lincolnshire, England, with her husband. Please visit her website at [www.simpleabundance.com](http://www.simpleabundance.com). --This text refers to an alternate edition.

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