

## Emotionally Healthy Spirituality Day by Day: A 40-Day Journey with the Daily Office

Peter Scazzero



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In this groundbreaking devotional book, Peter Scazzero introduces the ancient spiritual discipline of the Daily Office. The basic premise of the Daily Office is simple: We need to intentionally stop to be with God more than once a day so that practicing the presence of God becomes real in our lives.

Each day offers two Daily Offices?Morning/Midday and Midday/Evening?where each pause can last from five to twenty minutes.

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