



**Sarah Ban Breathnach's Two Volume Set: Simple
Abundance, a Daybook of Comfort and Joy; and
Something More: Excavating Your Authentic Self**

Sarah Ban Breathnach

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"In the past a woman's spirituality has been separated from her lifestyle. "Simple Abundance" is a book of 366 evocative essays -- one for every day of your year -- written for women who wish to live by their own lights." In "Something More: Excavating your Authentic Self" "This eloquent and evocative book, Sarah Ban Breathnach encourages you to become an archaeologist of your Self: to plumb your past with its unfulfilled longings, forgotten pleasures, and abandoned dreams, to 'excavate' the authentic woman buried inside." [Excerpts taken from back cover's notes.]

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