



## Secrets of the 7th Day: How Everyone Can Find Renewal Through the Wisdom and Practices of the Sabbath (Paperback)

By Sara Schley

White Cloud Press, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. Life is hectic. Moms, dads, kids -- all of us -- are running at breakneck speed. We need to find ways to be renewed -- as individuals, as families, and in our communities. Sara Schley, who runs at her own breakneck speed as wife and mother of twins while leading a successful company consulting to businesses on sustainability, has found soul-saving sanity and renewal through her family's observance of the Jewish Sabbath (Shabbat). Secrets of the 7th Day, the first book in the Radical Renewal series, is about how everyone can learn from this ancient Jewish ritual, whether or not they are Jews or even religious. The practice of unplugging from the world, slowing down, and sharing in the simple joys of food, stories, songs, and the outdoors can be celebrated by all. Secrets of the 7th Day invites readers to make their own these beautiful practices for renewing the spirit. Ancient as the Sabbath is, we need it now more than ever.



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