

God has given each of us a body, a mind, and a soul, and each of those must be carefully nourished. Among the 101 suggestions contained in this book are: taking the day off, reading the Bible, memorizing a poem, taking a walk, going out to dinner, reading on a topic you know little about, praying, and giving away something you treasure. These and other similar suggestions are written in a practical, matter-of-fact manner and will help enrich your life. Originally published as 101 Ways to Nourish Your Soul. 144 pages; Paperback € 5-1/2 x 8-1/4

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