



The Sacred Year: Mapping the Soulscape of Spiritual Practice - - How Contemplating Apples, Living in a Cave, and Befriending a Dying Woman Revived My Life

By Michael Yankoski

Thomas Nelson Publishers. Paperback. Book Condition: new. BRAND NEW, The Sacred Year: Mapping the Soulscape of Spiritual Practice -- How Contemplating Apples, Living in a Cave, and Befriending a Dying Woman Revived My Life, Michael Yankoski, "In his life and writing, Michael Yankoski walks a tightrope between action and contemplation, and, behold, in ways we can all learn from, he manages to find a sort of essential balance." -Philip Yancey, author of What's So Amazing About Grace "This book is a joy to the soul and a delight to the heart. It is destined to become a classic within the genre of contemporary spiritual and religious writing." -Phyllis Tickle, compiler of The Divine Hours Frustrated and disillusioned with his life as a Christian motivational speaker, Michael Yankoski was determined to stop merely talking about living a life of faith and start experiencing it. The result was a year of focused engagement with spiritual practices-both ancient and modern-that fundamentally reshaped and revived his life. By contemplating apples for an hour before tasting them (attentiveness), eating on just \$2.00 a day (simplicity), or writing letters of thanks (gratitude), Michael discovered a whole new vitality and depth through the intentional life. Guided by...



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