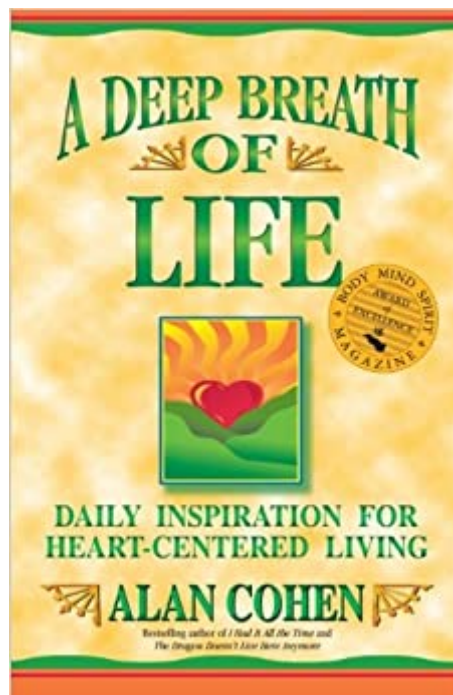




The book was found

A Deep Breath Of Life: Daily Inspiration For Heart-Centered Living



Synopsis

"Take a deep breath of life, and consider how it should be lived". This quote from Man of La Mancha sets the tone for this book, which offers daily inspiration for heart-centered living. Alan Cohen has touched the hearts and lives of thousands of people seeking more authenticity and creative self-expression in their lives.

Book Information

Paperback: 384 pages

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Average Customer Review: 4.7 out of 5 stars 112 customer reviews

Best Sellers Rank: #157,774 in Books (See Top 100 in Books) #269 in Books > Religion & Spirituality > Worship & Devotion > Prayer #302 in Books > Religion & Spirituality > New Age & Spirituality > Mysticism #866 in Books > Religion & Spirituality > Worship & Devotion > Inspirational

Customer Reviews

To Alan Cohen... One million THANK YOU's!!! When I purchased this book I had no idea how much it would come to mean to me. It is beautifully written and remarkably accessible. From the beginning, reading a page each day brought a deep thoughtfulness and clarity to my day. The many years of work I've done to clean house and become the healthiest, most spiritually "grounded" version of myself has brought me to a place of awareness and healing I did not think possible. Showing up for the sifting-through of childhood abuse has proven to be the most difficult task of my life. Every day, most especially those heavily laden with darkness of the past, when I "breathe in" the passage of the day from A Deep Breath of Life it brings light and guidance and a spark of hope; all things so precious to me. Cohen's words validate the strength of my own connection to The Source. Your words speak to me, Mr Cohen, as if each day was written to me. Thank you for following your path... and, in doing so, supporting me in mine. Love be with you.

Bought one for a birthday gift & one for me. I received them today (several days early) & am thrilled

with my purchase! I read through several day's entries & they were really well written. There is also a birthday page at the back that's really special. So glad I bought this!

This is an absolutely fantastic book. I kept it to re-read over and over again. I heard about it online and ordered it and thought that it was full of daily wisdom. I highly recommend this book.

I did not read it daily, instead I would turn to it once in a week or so to read several "days". It is very useful for those who don't have any previous contact with this type of material, but also for those who do have extensive knowledge of the matter (in which case Alan Cohen does a great summarization of several concepts). It is full of good examples and written with humour. Moreover, at the end of each "day" you find a key sentence like a summary of the two pages writing and also a short text (one sentence) which could make it for a prayer related to the material you just read. The effect is really visible. If you feel down, you just read a couple of pages and feel reconnected to your Source.

I really like this book. My husband and I read a page each morning before breakfast. I bought several for our kids for Christmas to read with their families. It makes you think about how to live your life in a more giving, loving, and spiritual way. And you can continue reading it year after year since the lessons are always relevant and repetition reinforces them.

Shipping turtle slow but I love this book.

Excellent, and SO truly inspirational At first I thought (well this is a guy's sort of inspirational book.) I don't know if it is me, or that book, but now I find it thoroughly useful.

This is an awesome book with one page readings for each day. It's a great addition to your morning routine. It's all positive and inspiring written in a down to earth easy to grasp way. Start your morning out right with a page from this book.

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