



A Year of Spiritual Companionship: 52 Weeks of Wisdom for a Life of Gratitude, Balance and Happiness

Anne Kertz Kernion

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Find peace, connection and heartfelt joy in everyday life.

"[This book] doesn't come at me as a self-help list of things I ought to be doing, adding to my full life, but focuses me on my own path. Each week offers practices that encourage gratitude, mindfulness and listening.... With gratitude for Anne's words, I hand t his book over to you, so that we might journey, contemplate and practice together."

from the Foreword by Rev. Carol Howard Merritt

In this week-by-week guide to living more thoughtfully, Anne Kertz Kernion leads you through an exploration of everyday spirituality, combining the wisdom of spiritual luminaries, life lessons, and insights from social science and neuroscience. A businesswoman, wife, mother, grandmother and friend, Anne shows how it is possible to bring more awareness, love and gratitude into your busy life, keeping in touch with your deepest beliefs and most authentic self.

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