



Stay - The Power of Meditating in God s Presence

By Sophia Barrett

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Do you aspire to live a life of joy, peace and fulfillment only to find that it s as elusive as the pot of gold at the end of the rainbow? Do feelings of inadequacy, disappointment and frustration hold you back? Sophia was a busy working mother of two when chronic sleeplessness struck and left her struggling to cope. Stay is the honest and hopeful story of how she identified the roots of her restlessness and overcame them through the ancient and powerful practice of biblical meditation. In her ground-breaking book, Sophia invites us all to realize that when we learn to be mindful of God and stay in his presence, we experience a life-transforming power that frees us to live a joyful and fulfilled life, one where we are truly at peace. Written with refreshing candour and wisdom, Stay is a life-changing read.



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