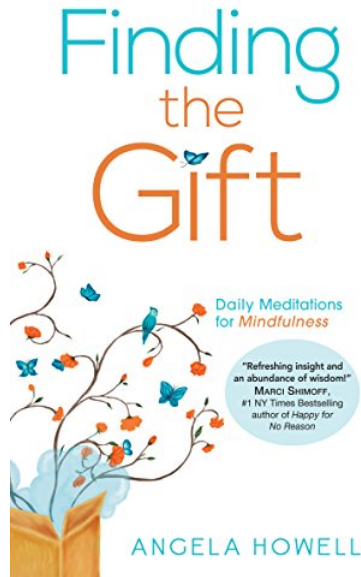


## [GET] Finding the Gift: Daily Meditations for Mindfulness



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"In Finding the Gift: Daily Meditations for Mindfulness you'll find refreshing insight and an abundance of wisdom. Angela Howell shows us how we already have everything we need for our happiness and well-being and how to harness that. I believe you will treasure this book, as I do!" Marci Shimoff, #1 NY Times Bestselling author of Happy for No Reason, Love for No Reason, Chicken Soup for the Woman's Soul Finding the Gift: Daily Meditations for Mindfulness encourages readers to press pause for a few moments every day to gain life-changing insights from metaphors found in the most unlikely places. Whether it's from watching a favorite pet, a calm moment with nature, or a trip through the car wash, lessons to challenge and improve our well-being are everywhere, when we're mindfully watching for them. In Finding the Gift, Angela Howell has captured 366 unique meditations to help us see life from a greater perspective so we can really "get the lesson" and apply new insights to our own lives. With just the right touch, Angela guides us to live with more passion, purpose and impact. As we embrace mindful living and improve how we show up in the world, the world becomes a better place for everyone. Recommendations based on other inspirational books: If you enjoyed other daily readers and devotionals such as Simple Abundance by Sarah Ban Breathnach, Language of Letting Go by Melody Beattie; or if you like 12-step recovery / Hazelden daily meditation books, or other personal transformation books like The Artist's Way by Julia Cameron, Think and Grow Rich by Napoleon Hill or The Seven Habits of Highly Effective People by Stephen Covey, you have just discovered your new favorite daily reflections book! Inspiration for women's issues and men's alike, "Finding the Gift will inspire intentional living, gratitude, courage to face life transitions and goal setting, plus give you action steps for pursuing greater personal fulfillment in every day. More Praise for Finding the Gift: "Finding the Gift is a treasure of a book. It's the perfect gift for a new parent, a job seeker, the recent retiree, the newlywed and especially yourself." Saralee Terry Woods, BookManBookWoman Television Reviews "Courage, compassion, wisdom, love--Angela Howell has blessed us with the perfect daily companion to nurture all the inherent gifts we were given at birth." Charlene Costanza, Author of The Twelve Gifts of Birth "Angela Howell's Finding the Gift offers powerful encouragement for daily life. Engaging, spirit-driven--it's a collection to keep nearby and refer to again and again." Dr. Tami West, Author of The Stress Club and A Woman's Guide to Personal Achievement & Professional Success

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