



Stay - The Power of Meditating in God's Presence (Paperback)

By Sophia Barrett

Grosvenor House Publishing Ltd, United Kingdom, 2016.
Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. 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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Reviews

Complete guideline! Its this type of great read through. it absolutely was writtern quite perfectly and helpful. I am very happy to explain how this is basically the best book i actually have read through during my personal life and can be he very best book for at any time.

-- **Joshua Gerhold PhD**

A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

-- **Meagan Roob**