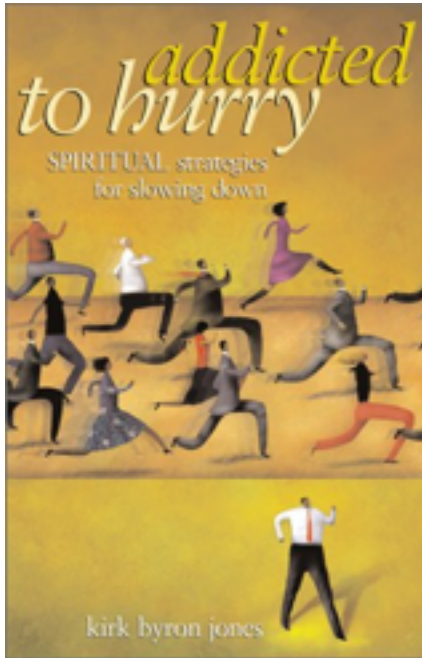


- Soul Food -

Reading that Feeds the Soul



This is an excellent book which challenged me to consider the pace at which I live life and how I might slow that pace down to enjoy a more abundant life. The author caused me to consider why I hurry in life and what the true costs are for the rush. He also gave very practical suggestions for how I can slow up and enjoy those things that I am missing. This book was a quick read that will yield real dividends in the quality of life I lead and deepen my relationships with others around me.