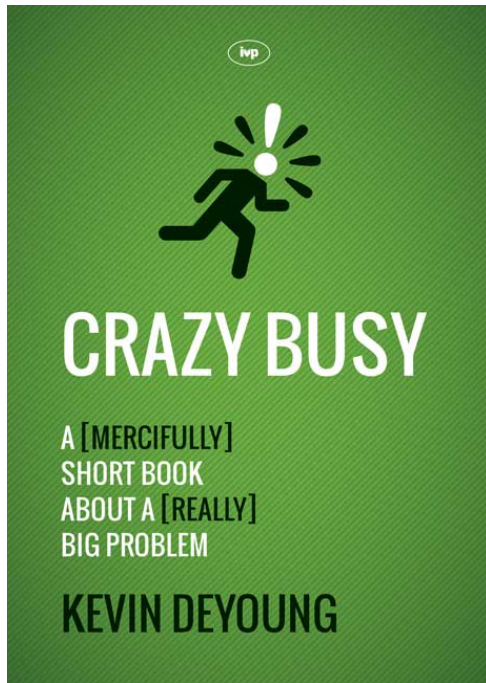


- Soul Food -

Reading that Feeds the Soul



Have you felt like the busyness of life has stolen your joy? This is a great book that addresses the problem of busyness that I struggle with and I imagine many of you struggle with also. This book has some very practical advice for us and gives us the permission and highlights the importance of saying no to some things, even things that are good. This book challenged me to think about what is really important in my life and where I need to focus my time so that I experience the joy filled life I want and that God wants for me.