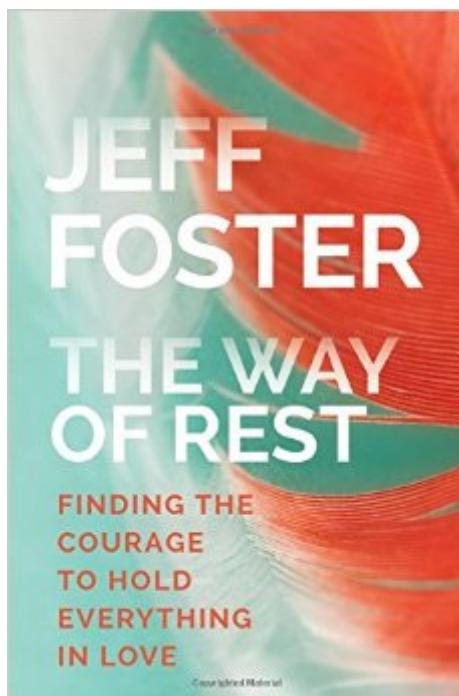


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The Way Of Rest: Finding The Courage To Hold Everything In Love



Synopsis

The Way of Rest gathers nearly 200 of Jeff Fosterâ™s most inspiring essays, poems, and reflections on restoring and reviving ourselves when we feel exhausted or defeated. Drawing from his personal journeyâ "including his own struggles with illness and depressionâ "Jeff invites us to contemplate â œthe Way of Restâ • and its potential to transform our experience of:â ¢ Imperfectionâ "how we are â œgloriously flawedâ • yet complete exactly as we areâ ¢ Not knowingâ "how we come to trust in the greater intelligence of lifeâ ¢ Melancholy and lonelinessâ "how we learn to release the healing energies of â œexquisite sensitivityâ •â ¢ Ordinary momentsâ "recognizing and receiving â œthe closest thing of allâ •â ¢ Discomfort and discontentâ "how our frustrations become an opening to deep peaceâ ¢ Loveâ "rediscovering who we are beyond our carefully constructed facadesâ ¢ Silenceâ "discovering the vibrancy of living by letting go of thoughts and conceptsâ œI hope the words in this book inspire, challenge, and encourage you. But most of all, I hope they help you remember that you are life, inseparable from the power that grows the flowers and gives birth to galaxies,â • writes Jeff Foster. The Way of Rest brings you his companionship and support whenever you need it most.

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