



*be
Still*
JOURNAL

\$14.99 U.S.

Hardcover lined journal,
ribbon bookmark
6 x 8, 144 Pages
Full-Color Illustrations
Pub Date: March 2021

ISBN-13: 978-1-4236-5754-5



9 781423 657545


Enjoy some quiet time before you rush into the world. Fluff a pillow. Pet a pet. Read a poem. Water a plant. Watch the steam rise from your coffee or tea. All of this chosen peace will serve as a powerful prayer for more peace. It will represent your request to the universe for calm and clarity in your day.

KAREN SALMANSON



LET
SILENCE
BE THE ART
YOU
PRACTICE

Rumi



HOW WE SPEND
OUR DAYS IS OF
COURSE HOW WE
SPEND OUR
LIVES.

Annie Dillard, THE WRITING LIFE