



# Living Awake: Forty Days Toward Renewal

*Mary Bea Sullivan*

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## **Living Awake: Forty Days Toward Renewal** Mary Bea Sullivan

Imagine renewal in fifteen minutes a day. This forty-day program includes simple, yet meaningful spiritual reflections and practices that will guide you on the path toward emotional, physical, and spiritual restoration. Simplicity reigns--just show up every day for forty days and trust the process. *Living AWAKE* is a gentle reminder that all in life is sacred.

Busy, stressed-out people will welcome *Living AWAKE's* clear and straightforward approach. Drawing from diverse sources and the author's own experience as a retreat leader and spiritual companion, *Living AWAKE* is accessible to all, regardless of faith or background.

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