



Simplicity (Soul Care Resources)

Mindy Caliguire

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Simplicity (Soul Care Resources) Mindy Caliguire

Our closets, our garages, our cupboards, our *lives* are--let's face it--cluttered. Stuff is everywhere: old yearbooks, projects we started years ago but never finished, commitments to activities that we now regret making but don't feel we can pull out of. Are you longing for space--for simplicity? Here is a book to bring you there.

Soul Care® Resources are designed to be simple, but not simplistic, guides to maintaining or recovering the life and health of your soul, that essential personhood created by God as *you*. In four sections Mindy Caliguire helps you discover and embrace who you are, set healthy boundaries and embrace simplicity as a lifestyle that brings freedom.

You use this book in small chunks of daily reading, covering the whole book in the course of four weeks. Also included are four guided group discussions for use with a small group or a spiritual friend.

Are you ready to start your journey toward simplicity?

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