

LIVING IN SUFFICIENCY: A DAILY JOURNEY

This book is written so that the reader can connect with a word, phrase or sentiment each and every day of the year that will give the gift of sufficiency even if it is just for a moment.

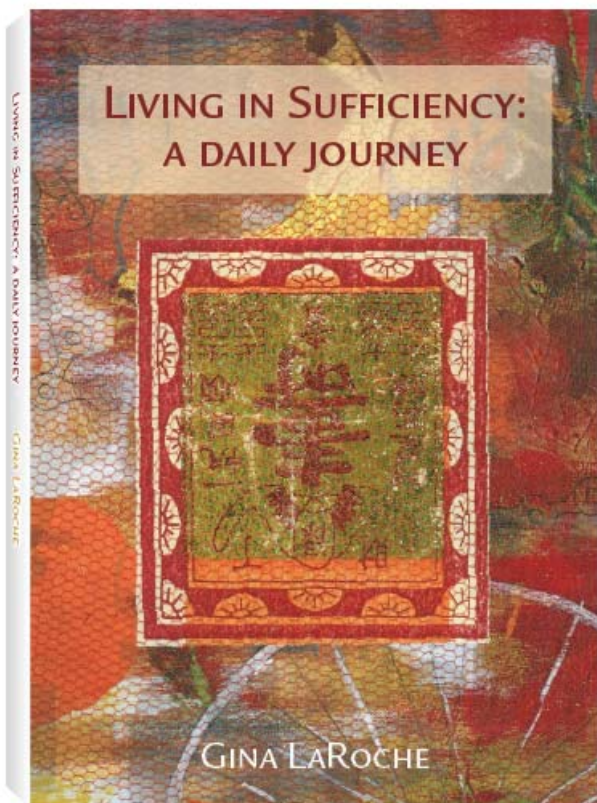
On the top of each page is a mediation space where there are words or phrases. The reader could choose to meditate or contemplate on one or all of the words on a particular day.

After the mediation there is usually a thought for the day. These thoughts can be used as guidelines, coaching or a space for inquiry

At the bottom of some pages are quotes from famous and the not so famous for you to consider.

Readers may use this book any way they wish. Take what you like and allow yourself to receive the gift of sufficiency today.

COVER



Page Sample

JANUARY 6

Involvement & Sufficiency



I Involve myself in my community.

I take a stand for what is right for the planet.

I choose Sufficiency for all as an idea whose time has come.

There is nothing more powerful than an idea whose time has come. —Victor Hugo

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