



# Making Space for the Spirit: 100 Simple Ways to Nurture Your Soul

*Kathleen Long Bostrom*

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**Making Space for the Spirit: 100 Simple Ways to Nurture Your Soul** Kathleen Long Bostrom

Having a bad day? Having a bad year? With this warm and thoughtful volume, Kathleen Long Bostrom offers one hundred simple exercises that will boost and strengthen your spirit--that essential part of you that connects you to God. These exercises will help readers nurture their souls, a practice too often ignored as we deal with the day to day minutia of our lives. Each imaginative entry contains a practical step to boost the spirit, a relevant Scripture passage and quotation for reflection, a fun fact related to the exercise, and ample space for journaling. More than simply cheering us up, Bostrom's suggestions, thoughtfully undertaken, can create an enduring shift in how we choose to view the inevitable downsides of life.

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