

Small Pleasures: Finding Grace in a Chaotic World

Justine Toms

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Small Pleasures is a collection of forty-nine short meditative essays that help readers to turn aside from their chaotic lives for a while to experience grace and possibility in the small, critically important things in life. Author Justine Toms divides the book into five sections, each with essays that draw upon her many connections and her wealth of experiences:

 $\tilde{A}f\hat{A}, \tilde{A}, \hat{A} \cdot A$ Broad Horizon: How We See Ourselves in the World

 $\tilde{A}f\hat{A}, \tilde{A}, \hat{A} \cdot \text{Animals}$ and Nature as Teacher

 $\tilde{A}f\hat{A}, \tilde{A}, \hat{A} \bullet$ Be an Activist without Driving Yourself Crazy

 $\tilde{A}f\hat{A}, \tilde{A}, \hat{A}$ • With a Little Help from Our Friends $\tilde{A}f\hat{A}, \tilde{A}, \hat{A}$ —Circles and Friendships

 $\tilde{A}f\hat{A}, \tilde{A}, \hat{A} \cdot \text{Celebrations}$ and Rituals

With a foreword by author Carole Lee Flinders (co-author of $Laurel\tilde{A}f\hat{A},\tilde{A},\hat{A}$'s Kitchen), Small Pleasures offers many ways for readers to "tune-in" to their daily lives and connect with what is good, meaningful, and beautiful.



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