

Download The Book Of Comforts Simple Powerful Ways To Comfort Your Spirit Body Soul

A beautifully designed book, *The Book of Comforts* by Patricia Alexander & Michael Burgos soothes the mind and warms the soul. With simple yet powerful tips to comfort your spirit, and quotes that make you feel all warm and fuzzy, I like to keep it on my bedside table where I can access it regularly for hits of inspiration. Patricia Alexander is co-author of *The Book of Comforts: Simple, Powerful Ways to Comfort Your Spirit, Body and Soul*. As an author and speaker, Patricia reveals how our coping mechanisms for stress often lead only to more stress, something she calls “toxic comforting,” such as overeating, over-spending and watching too many screens. *Simple, Powerful Ways to Comfort Your Mind, Body & Spirit Refreshments* will be served. ... Alexander and *The Book of Comforts*' artist/designer Dean Andrews as they speak on "Real Comfort vs. Toxic Comfort: *The Book of Comforts* ... How to Really Comfort Your Spirit, Body & Soul" with a book-signing afterwards. Monday, September 11, 2006 Focus on ...Favorite Books OK - our own: *The Book of Comforts: Simple, Powerful Ways to Comfort Your Spirit, Body & Soul* (available everywhere & at Earthtones in Paso Robles); *The Eight* by Katherine Neville (brilliant historical scifi romp)