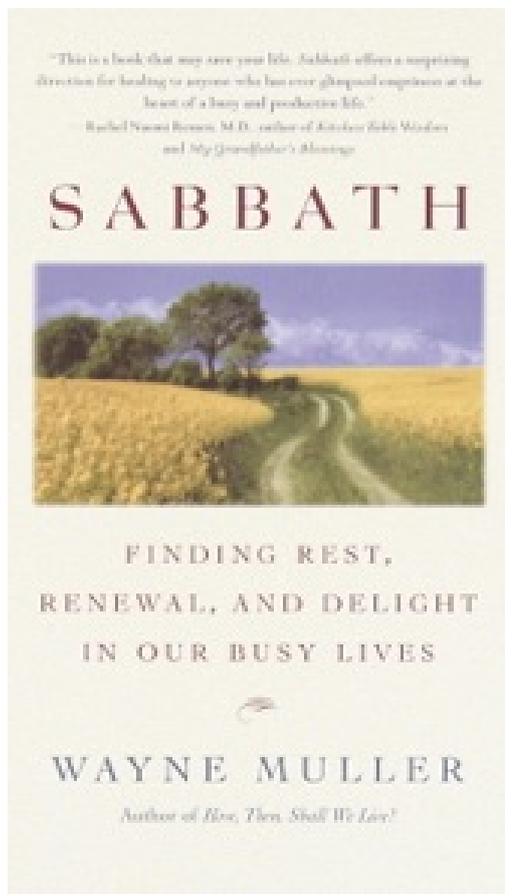


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Millennia ago, the tradition of Sabbath created an oasis of sacred time within a life of unceasing labor. Now, in a book that can heal our harried lives, Wayne Muller, author of the spiritual classic *How, Then, Shall We Live?*, shows us how to create a special time of rest, delight, and renewal—a refuge for our souls.

We need not even schedule an entire day each week. Sabbath time can be a Sabbath afternoon, a Sabbath hour, a Sabbath walk. With wonderful stories, poems, and suggestions for practice, Muller teaches us how we can use this time of sacred rest to refresh our bodies and minds, restore our creativity, and regain our birthright of inner happiness.

Praise for *Sabbath*

"Muller's insights are applicable within a broad spectrum of faiths and will appeal to a wide range of readers."—***Publishers Weekly***

"One of the best spiritual books of the year."—***Spirituality and Health***

"Wayne Muller's call to remember the Sabbath is not only rich, wise and poetic, it may well be the only salvation for body and soul in a world gone crazy with busyness and stress."—**Joan Borysenko, author of *Minding the Body, Mending the Mind* and *A Woman's Book of Life***

"This is a book that may save your life. Sabbath offers a surprising direction for healing to anyone who has ever glimpsed emptiness at the heart of a busy and productive life."—**Rachel Naomi Remen, M.D., author of *Kitchen Table Wisdom***

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