

Some psychologists claim that it takes 21 days to change a habit or establish a behavior. Isn't it worth 21 days effort to become more grounded in the moment and capable of living fully and enjoying life with others and with God? Smollin wrote this small book to help readers discover who they truly are and foster an awareness of all the blessings that surround them. Within the ordinariness of daily life they can find graces clothed in the surprise and wonder of the beauty and blessings around them. Includes black and white photographs by the author.

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