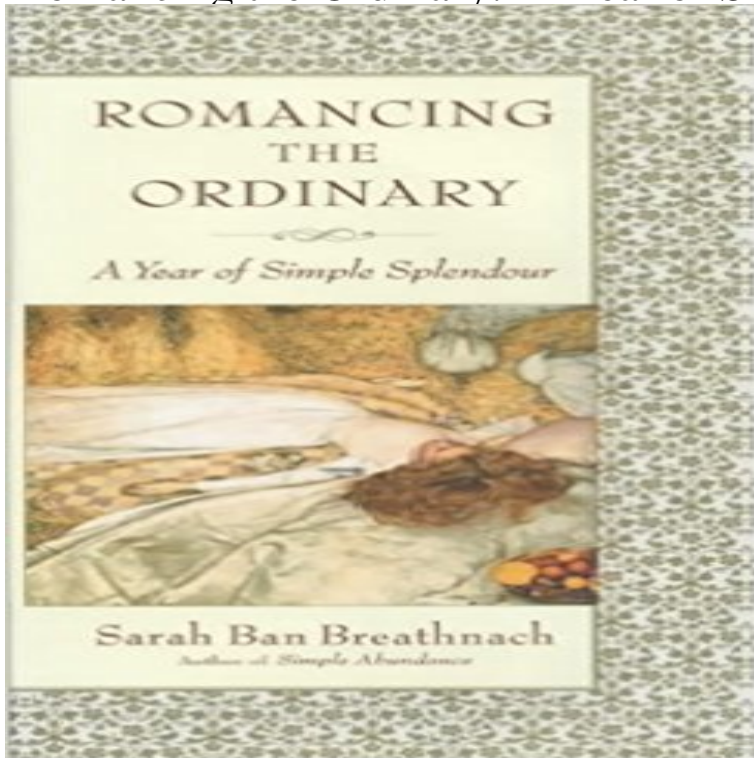


Romancing the Ordinary: A Year of Simple Splendour



The long-awaited new book from Sarah Ban Breathnach, encourages us to work out what most excites and moves us, what makes our heart miss a beat. By exulting in the ecstatic experience of daily life - by romancing our soul - we can truly flourish. ROMANCING THE ORDINARY is organised as a yearbook, celebrating a spirituality of the senses seasonally, monthly and weekly. Sarah Ban Breathnach introduces the concept that women are endowed with not five, but seven senses: Sight, Hearing, Taste, Touch, Scent, Knowing and Wonder. Each days reflection, each week, will highlight one of the senses drawing on myth, literature, poetry, film, music and drama. By exulting in the ecstatic experience of daily life, by romancing your soul - working out what excites or moves you to tears, what makes your heart miss a beat, your knees shake and soul sigh - Sarah Ban Breathnach shows you how to embrace your magical, mystical, sensitive and spiritual Essential Self, restoring weary and jaded feminine souls.

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