



The Practice of Saying No: A HarperOne Select

Barbara Brown Taylor

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In *The Practice of Saying No*, beloved author and preacher Barbara Brown Taylor reflects on the meaning of keeping the Sabbath: of saying no to work and doing, but instead celebrating stopping, resting on the porch, and taking the time to recognize our interconnectedness. *The Practice of Saying No* will appeal to anyone seeking more meaning and spirituality in their everyday lives. Barbara Brown Taylor, acclaimed author of *Leaving Church* and *An Altar in the World* (from which this eSelect is taken), writes with the honesty of Elizabeth Gilbert (*Eat, Pray, Love*) and the spiritual depth of Anne Lamott (*Grace, Eventually*) and reveals how to encounter the sacred as a natural part of everyday life.

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