



# **The Sacred Year: Mapping the Soulscape of Spiritual Practice -- How Contemplating Apples, Living in a Cave and Befriending a Dying Woman Revived My Life**

*Michael Yankoski*

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Frustrated and disillusioned with his life as a Christian motivational speaker, Michael Yankoski was determined to stop merely talking about living a life of faith and start experiencing it. The result was a year of focused engagement with spiritual practices--both ancient and modern--that fundamentally reshaped and revived his life.

By contemplating apples for an hour before tasting them (attentiveness), eating on just \$2.00 a day (simplicity), or writing letters of thanks (gratitude), Michael discovered a whole new vitality and depth through the intentional life.

Guided by the voice of Father Solomon--a local monk--Yankoski's Sacred Year slowly transforms his life. Both entertaining and profound, his story will resonate with those who wish to deepen their own committed faith as well as those who are searching--perhaps for the first time--for their own authentic encounter with the Divine.

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