

# THE CONTENTED SOUL: THE ART OF SAVORING LIFE

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The Contented Soul has 78 ratings and 11 reviews. Coralie said: Everyone needs a reminder to take time to smell the roses. In The Contented Soul, Lisa Gr.. .

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Lisa McMinn is a Christian poet. Gregg Koskela rated it liked it Jan 09, This is a wonderful book to remind you what is important in your life. SarahYealyrateditreallylikeditSep14, View Full Version of PW. She writes about health, food, and the media, and how losing your focus can cause grief and aggravation.

JillianneBandstrarateditlikeditApr19, Thoughweseearchforcontentment is much to ponder about slowing down in order to become more aware, practicing fortitude, living with our physical limits and resisting "rugged individualism" in favor of embracing and supporting strong community ties or "communitarianism."