



Daily Enlightenments: 365 Days of Spiritual Reflection

Nathalie W Herrman

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Discover spiritual guidance for every day of the year with *Daily Enlightenments*. In only five minutes of reading each morning, this easy-to-understand and practical tool presents a spiritual truth to keep you grounded throughout the day.

These daily contemplations cover a variety of topics designed to encourage self-reflection and mindfulness, including expressions of gratitude for life, how to form good habits, challenging questions about your actions, and more. Each entry concludes with a “take away” summary affirmation about how to effectively apply the spiritual concept to your life. With inspirational images to accompany the entries?including a bonus day for the leap year?this daily reader will bring higher consciousness and serenity to the way you live all year.

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