



Seeking Silence: Exploring and Practicing the Spirituality of Silence

Anthony Strano

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Silence--deep inner silence--opens the pathways to spiritual self-discovery. But where can we find that silence in our noise-polluted world? This book-and-CD set provides a practical toolkit for escaping the clashing sounds of everyday life. Through gentle insights and guided meditations, it provides a quiet space for making mindful choices and learning to enjoy the profound benefits of tranquility-even in the midst of a world of physical noise.

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