



Shelter for the Spirit: Create Your Own Haven in a Hectic World

Victoria Moran

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Even though Americans spend thousands on furniture, appliances and interior decoration, many of our homes have become little more than drop-off zones where we collapse after work, glued to the TV while gulping down a microwave dinner.

The home can be so much more than that, says Victoria Moran. It can be a haven in which people can revitalize mind, body and soul. That's what *Shelter for the Spirit* is all about. Merging Eastern and Western spiritual traditions with a sensitivity to the demands of modern life, it provides people with usable directions for bringing a sense of peace and renewal to their homes. Whether addressing how to get rid of clutter, decorate in a way that respects your personality, clean house as a spiritual exercise or celebrate special days (and ordinary ones too), *Shelter for the Spirit* shows how the quality of attention we give to everyday acts can transform our lives. The only book of its kind, it helps all readers make their homes places in which they and their guests enjoy spending their moments.

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