



My Soul Feels Lean: Poems of Loss and Restoration

Joyce Rupp

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Long beloved for her artful prayers, best-selling author Joyce Rupp presents an entirely new collection of 106 meditative poems on a theme she has woven masterfully through all her writing--the pain of loss and the hope of restoration.

My Soul Feels Lean is a journey into compassion. Drawing on insights from her Christian faith and a lifelong connection to the Iowa farmland of her birth, Joyce Rupp explores themes of loss and restoration in this luminous collection of poems. Returning to an undercurrent in her work since the publication of *Praying Our Goodbyes*, Rupp offers here sensitive insights on the pain of loss and the hope she finds when she is willing to let go and trust. Rupp's leanness of soul has taught her to observe and celebrate the harsh beauty of life. "Loss has encouraged me to find joy and meaning here instead of pining for it elsewhere," she writes, "to live more simply and be content with less, to appreciate more fully what I now have."

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Terry Sugg:

Spent a free time and energy to be fun activity to complete! A lot of people spent their leisure time with their family, or all their friends. Usually they undertaking activity like watching television, going to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? Can be reading a book is usually option to fill your totally free time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to test look for book, may be the publication untitled My Soul Feels Lean: Poems of Loss and Restoration can be excellent book to read. May be it might be best activity to you.

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