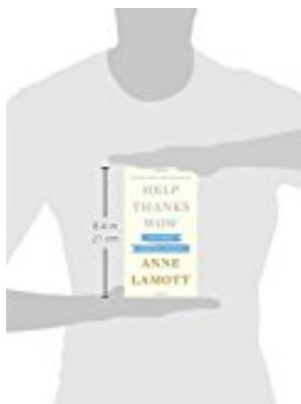


[PDF] Help, Thanks, Wow: The Three Essential Prayers

Anne Lamott - pdf download free book



Books Details:

Title: Help, Thanks, Wow: The Three
Author: Anne Lamott
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Description:

From Inspiring, trenchant, and funny, best-selling Lamott takes an imaginative do-it-yourself approach to spirituality in her disarming and stirring essays. Unabashedly emotional yet practical and sharply attuned to the absurdities and tragedies of life, she focuses on prayer in this mighty little volume, defining it as “communication from the heart to that which surpasses understanding.” If you are uncomfortable addressing God, Lamott suggests praying to “the Good.” The point is to make contact with “the Real, with Truth, with the Light.” To take a moment to focus and breathe.

She cites three basic themes. Asking for help, she writes, “is the first great prayer.” Giving thanks is essential, and not only when things are going well. One also benefits from summoning gratitude for hard truths and tough challenges. “Wow” is the joyful expression of wonder in response to astonishing moments great and small. With a stand-up comic’s snap and pop, candid and righteous Lamott tells hilarious and wrenching tales about various predicaments that have sparked her prayers and inspired her to encourage others to pray anytime, anywhere, and any way. --Donna Seaman

Review “Charmingly irreverent.”
—*MORE* magazine

“Filled with Lamott's unique brand of humor, wisdom and profound spiritual insight... She has a gift for putting into words what it means to accept and ultimately embrace the beauty, mystery, and pain that is life.”
—*San Antonio Express-News*

“Practical and poetic advice on prayer.”
—*The Oregonian*

“An imaginative do-it-yourself approach to spirituality...With a stand-up comic’s snap and pop, candid and righteous Lamott tells hilarious and wrenching tales about various predicaments that have sparked her prayers and inspired her to encourage others to pray anytime, anywhere, and any way.”
—*Booklist*

“[A] prayer manual for people who wouldn’t be caught dead reading prayer manuals... anybody who gets it as a holiday gift will likely just say, ‘Thanks. Wow.’”
—*Publishers Weekly*

“A refreshingly simple approach to spiritual practice in a pint-sized reflection on prayer...Lamott manages to deftly convey the idea that in trying to control things, we’ve largely lost our ability to see the good and the miraculous in everyday life...there’s more here than meets the eye.”
—*Kirkus Reviews*

“[With Lamott’s] usual fluency and charm...A worthy successor to her prior works...[*Help, Thanks, Wow*] will delight Lamott’s regular readers, and likely draw new readers to her writing.”
—*Library Journal* (starred review)

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