



Seven Sacred Pauses: Living Mindfully Through the Hours of the Day

Macrina Wiederkehr

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With over 25,000 copies sold of the hardcover version, this paperback edition of Macrina Wiederkehr's bestselling book, *Seven Sacred Pauses: Living Mindfully Through the Hours of the Day*, invites readers to learn how to pray the hours through the practice of consciously pausing at the seven sacred moments of each day, making their daily passage through time a more sacred pilgrimage.

Using scripture, poetry, reflections, personal stories, and quotes from a rich array of spiritual teachers for many religions, Wiederkehr helps readers become more attuned to living in the present moment and develop a kindred spirit with the rich tradition of the sacred hours. *Seven Sacred Pauses* is a wonderful gift to those who seek to find balance in their busy days and to bring the practice of the Divine Hours home to their own hearts

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