



# Mudhouse Sabbath: An Invitation to a Life of Spiritual Discipline - Study Edition

*Lauren F. Winner*

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Despite her conversion from Orthodox Judaism to Christianity, Lauren Winner finds that her life is still shaped by the spiritual essences of Judaism- rich traditions and religious practices that she can't leave behind. In *Mudhouse Sabbath*, Winner illuminates eleven spiritual practices that can transform the way we view the world, and God. Whether discussing her own prayer life, the spirituality of candle-lighting, or the differences between the Jewish Sabbath and a Sunday spent at the Mudhouse, her favorite coffee shop, Winner writes with appealing honesty and rare insight.

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