



## Take Fiive: One Hundred Meditations to De-stress Your Days

By Joseph M. Champlin

Ave Maria Press. Paperback. Book Condition: new. BRAND NEW, Take Fiive: One Hundred Meditations to De-stress Your Days, Joseph M. Champlin, Pairing anecdotes from everyday life with a spiritual suggestion and scriptural thought, "Take Five" offers readers 100 spiritual reflections, a refreshing gift for our fast-paced, hectic lives. Originally written as local radio spots in Syracuse, New York, these brief meditations invite readers to focus on the seemingly little things in life, which often take on great significance in the quest for inner peace.



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