

Simplicity

\$10.00, 96 pages, paper,
978-0-8308-3522-5

New Books Feed the Soul

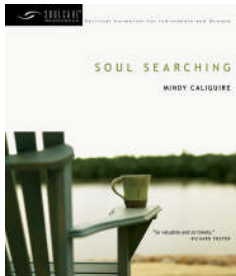
Author Mindy Caliguire (*Discovering Soul Care, Spiritual Friendship*) adds two new titles to her Soul Care® Resources series. In *Simplicity*, Mindy gives readers an idea of what running the Christian race should look like. “Not everything that slows us down is sin,” she writes, “but if it slows us down from living the life we were designed to live, then it needs to be thrown off just the same.” And contrary to what we may think, the enemy of simplicity is not complexity, but rather duplicity—living from various versions of our true self. *Simplicity* looks at issues such as

Are you living the life you were uniquely created for?

How can you detect duplicity in your life?

What can you do when you’re feeling depleted?

What two major qualities do we need in our lives to grow consistently in simplicity?



Soul Searching

\$10.00, 110 pages, paper,
978-0-8308-3521-8

“Don’t settle! Don’t settle for an un-lived life!” Mindy urges readers in *Soul Searching*. She helps us to know ourselves so that we can in turn serve others from the truest parts of who we are. In this way, we join in the abundant life Jesus promised. Through discernment and humility Mindy explains how God can guide readers through an honest investigation of their interior life. Mindy answers questions such as

What exactly is soul searching as a spiritual practice?

How do we correctly discern God’s voice?

How can we be more aware of God’s presence?

Soul Care® Resources are designed to be simple, but not simplistic, guides to maintaining or recovering the life and health of your soul. They can be used by individuals or groups, and will be of special interest to those in leadership roles in the church.

Mindy Caliguire is founder and president of Soul Care®, a spiritual formation ministry. She was formerly on staff in the area of spiritual formation at Willow Creek Community Church and continues as a member there. Mindy is a frequent speaker and retreat leader, working with groups such as the Spiritual Formation Alliance. Her books include Faith Books & Spiritual Journaling (with Sharon Soneff) and Write for Your Soul: The Whys and Hows of Journaling (with Jeff Caliguire).