



Healing Troubled Hearts: Daily Spiritual Exercises

Lyn Holley Doucet

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Our wounds can keep us running from ourselves, from healing and from God's call. Negative voices within and without us drown out the simple sweet voice of Spirit. Perhaps this is the day you decide to stop for a while. Perhaps this is the day that you begin the most important retreat you will ever take. I will serve as Innkeeper, but God is the Retreat Master.—from the Introduction

In this fifteen-week program, *Healing Troubled Hearts* calls us to take a break from our harried lives, to overcome the hurt of a lifetime and to embrace life renewed. Each day's entry begins with an inspirational quote and contains a meditation, suggestions for journaling or reflection and a prayer. This adaptable program works for groups or individuals.

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