



# **Finding the Deep River Within: A Woman's Guide to Recovering Balance and Meaning in Everyday Life**

*Abby Seixas*

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For over two decades, Abby Seixas has taught women how to slow down and reclaim their lives from the tyranny of their to-do lists. Based on the experiences of women whose lives have been transformed by her workshops, this highly anticipated first book presents her comprehensive program to nurture contact with the Deep River Within, the soul-nourishing dimension in each of us that flows beneath the busyness of daily life. With gentle encouragement, practical guidance, and compelling stories of struggle and success, *Finding the Deep River Within* details the three preliminary doorways and six core practices for inviting the rich resources of our deeper nature into everyday life.



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