



# Shining Through: Switch on Your Life and Ground Yourself in Happiness (Prather, Hugh)

*Hugh Prather*

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**Shining Through: Switch on Your Life and Ground Yourself in Happiness (Prather, Hugh)** Hugh Prather

Two generations of readers have turned to Hugh Prather's books for wisdom, comfort, and celebration. *Shining Through*, a fully revised and updated edition of *The Quiet Answer*, offers Prather's signature gentleness and quiet power in unsettled times. As Prather shares his own pain, observations, and ways of coping with modern life, he helps readers discover their own truths and ways to be happy in a complicated, often frightening world. Taking up this book for a short time can effect profound change.

*Shining Through* is an easy-does-it, 30-day course in finding peace and happiness. Prather encourages readers to take a few minutes every day to read his "Essays of Encouragement" and reflect on and practice the accompanying 30 "Affirmations and Guides." "In this book I attempt to present a few ways that our mind can begin to hear the song of our heart and experience a growing faith in a truth that exists beyond our tragedies and fears. ...It is vital to find an approach that permits us to experience a reality greater and more reliable than the confusing and surprisingly short journey of our body. I will suggest ways this can be done," Prather writes.

Among those ways are suggestions for reflection and practice:

I will make no effort to step ahead of God. Let me at least try. Today I will not project. I will not rehearse uncertainties to come. Gentleness of thought is my way Home. My body is a means of communicating love.

Readers will turn to *Shining Through* again and again to find a deeper hope, a quiet power, and an abiding light.

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Often the book Shining Through: Switch on Your Life and Ground Yourself in Happiness (Prather, Hugh) has a lot details on it. So when you check out this book you can get a lot of benefit. The book was written by the very famous author. The writer makes some research prior to write this book. This book very easy to read you can obtain the point easily after looking over this book.

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As a scholar exactly feel bored to reading. If their teacher requested them to go to the library or to make summary for some publication, they are complained. Just minor students that has reading's heart and soul or real their hobby. They just do what the teacher want, like asked to the library. They go to right now there but nothing reading critically. Any students feel that looking at is not important, boring and also can't see colorful images on there. Yeah, it is being complicated. Book is very important for you personally. As we know that on this era, many ways to get whatever you want. Likewise word says, many ways to reach Chinese's country. Therefore this Shining Through: Switch on Your Life and Ground Yourself in Happiness (Prather, Hugh) can make you experience more interested to read.

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