



A Straightforward Guide to Three Essential Spiritual Practices

Michael Yankoski, Mike Yankoski

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Spiritual practices are antidotes to some of the toxins we face in our world today. Amidst a rapacious, noisy, and frenetic culture, the spiritual practices of Simplicity, Silence and Sabbath Keeping have the capacity to restore and refresh us with ancient and enduring wisdom.

In his "Straightforward Guide" to these three essential spiritual practices, author and theologian Michael Yankoski employs his warm style and theological training to provide an "architecture of spiritual practice" that will help readers understand how spiritual practices are ordained by God to work in human lives.

But this "Straightforward Guide" goes beyond providing an understanding for why such spiritual practices are important. Yankoski's overview of and suggestions for each of the practices of Simplicity, Silence and Sabbath Keeping not only orient readers to the practices but also offer ways readers can begin immediately implementing these ancient practices in their lives.

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