



A Grateful Heart: Daily Blessings for the Evening Meal from Buddha to the Beatles

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Now in paperback, A Grateful Heart is a tool to help readers reclaim and enrich the tradition of pausing before the evening meal to give thanks. Drawing from a range of religious and cultural practices, these 365 blessings celebrate friendship, love, peace, reconciliation, the body, nature, joy, and appreciation of the moment. This illustrated feast for the mind includes quotations from Martin Luther King Jr., Thich Nhat Hanh, Gandhi, Rumi, Mother Teresa, Helen Keller, Denise Levertov, the Bible, and the Tao Te Ching.

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