



Your Living Compass: Living Well in Thought, Word, and Deed

Scott Stoner

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If Barbara Brown Taylor and Steven Covey ever wrote a book together, this might be the book! Living Compass is a church-based faith and wellness program designed for individuals and small groups. Readers engage in a 10-week, self-guided wellness retreat, consisting of daily ten-minute readings, plus small, meaningful action steps designed for getting “your life, your relationships, and your work headed in a new direction,” according to the author.

Deeply spiritual and exceedingly practical, the new book joins the national Living Compass network, which includes a website, workshop series, wellness resources (including a free Living Well with Living Compass app), social media, and soon, a new multi-million-dollar wellness center to be located in the offices of the Episcopal Diocese of Chicago.

Structured holistic wellness program for individuals and groups based on a highly successful retreat model developed by priest-psychologist. Builds on the national network of Living Compass workshops, presentations, and publications, and soon, a multi-million faith and wellness center in Chicago.

Each chapter includes questions for reflection

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