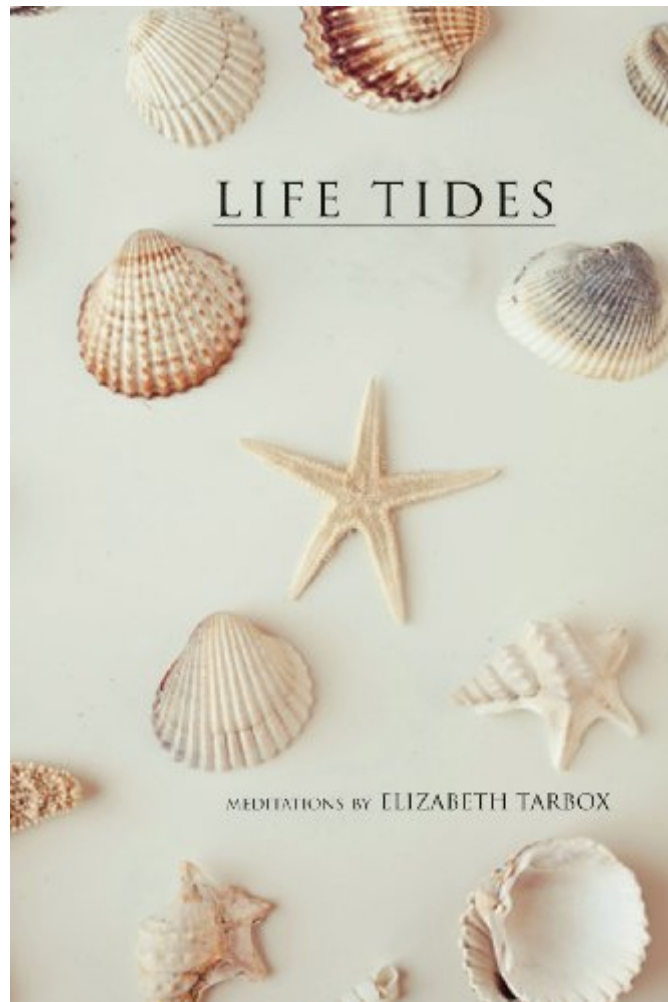


The book was found

Life Tides: Meditations



Synopsis

"There is a time for high tide--for being involved and active, taking risks and putting out effort to master the elements--and there is a time for low tide--inactivity and quiet reflection--and both are necessary in our lives." Here are 40 meditations that span the seasonal flow of life, finding moments of truth in an Arizona sunrise and falling leaves, in the expectations of Father's Day, and in the silence of a still river. Life Tides invites the reader to pause and listen for the voice of the spirit, whether it's at the ocean or in daily connections with other people. Elizabeth Tarbox (1944-1999) was a Unitarian Universalist minister who served the First Unitarian Society of Middleborough and First Parish in Cohasset, both in Massachusetts. She also wrote Evening Tide.

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Customer Reviews

I simply love this book. can't ever get tired of reading it. Elizabeth Tarbox writes as skillful as any artist who puts paint on a canvas to reflect life; its high tides and its low tides both part of the whole ocean. I highly recommend it!

Tarbox is one of my favorites. Peaceful and thought provoking pieces.

Elizabeth Tarbox's meditations really bring nature to life!

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