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Episode 139 - 7 Types of Rest and It's Effect on Your Productivity, Relationships, and Overall Ha...
Sacred Rest Recover Your Life

Sacred Rest combines the science of rest, the spirituality of rest, the gifts of rest, and the resulting fruit of rest. It shows rest as something sacred, valuable, and worthy of our respect. By combining scientific research with personal stories, spiritual insight, and practical next steps, Sacred Rest gives the weary permission to embrace rest, set boundaries, and seek sanctuary without any guilt, shame, or fear.

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Sacred Rest: Recover Your Life, Renew Your Energy, Restore ...

Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity - Kindle edition by Dalton-Smith, Dr. Sandra. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity.

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Sacred Rest combines the science of rest, the spirituality of rest, the gifts of rest, and the resulting fruit of rest. It shows rest as something sacred, valuable, and worthy of our respect. By combining scientific research with personal stories, spiritual insight, and practical next steps, Sacred Rest gives the weary permission to embrace rest, set boundaries, and seek sanctuary without any guilt, shame, or fear.

Sacred Rest: Recover Your Life, Renew Your Energy, Restore ...

Then pick up Dr. Sandra Dalton-Smith's Sacred Rest to "Recover your life, renew your energy and restore your sanity." "Sleep is different from rest, but good-quality sleep trickles down from a life well rested."(8) Sacred Rest isn't just a book written from a medical standpoint, it is written to present options that leads to emotional, physical, mental and spir "Sleep is not rest."(6 - emphasis mine)

Sacred Rest: Recover Your Life, Renew Your Energy, Restore ...

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Sacred Rest combines the science of rest, the spirituality of rest, the gifts of rest, and the resulting fruit of rest. It shows rest as something sacred, valuable, and worthy of our respect. By combining scientific research with personal stories, spiritual insight, and practical next steps, Sacred Rest gives the weary permission to embrace rest, set boundaries, and seek sanctuary without any guilt, shame, or fear.

Listen Free to Sacred Rest: Recover Your Life, Renew Your ...

By combining scientific research with personal stories, spiritual insight, and practical next steps, SACRED REST gives the weary permission to embrace rest, set boundaries, and seek sanctuary without any guilt, shame, or fear. Every tired, overwhelmed soul can recover its energy and love for life by using the principles in SACRED REST.

Sacred Rest - Dr. Dalton-Smith - I Choose My Best Life

Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity Hardcover – Dec 19 2017 by Dr. Saundra Dalton-Smith (Author) 4.6 out of 5 stars 76 ratings See all formats and editions

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Sacred Rest: Recover Your Life, Renew Your Energy, Restore ...

SACRED REST combines the science of rest, the spirituality of rest, the gifts of rest, and the resulting fruit of rest. It shows rest as something sacred, valuable, and worthy of our respect. By combining scientific research with personal stories, spiritual insight, and practical next steps, SACRED REST gives the weary permission to embrace rest, set boundaries, and seek sanctuary without any guilt, shame, or fear.

Sacred Rest : Recover Your Life, Renew Your Energy ...

Title: Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity By: Sandra Dalton-Smith M.D. Format: Hardcover Number of Pages: 240 Vendor: FaithWords Publication Date: 2017: Dimensions: 8.25 X 5.50 (inches) Weight: 12 ounces ISBN: 1478921676 ISBN-13: 9781478921677 Stock No: WW921677

Sacred Rest: Recover Your Life, Renew Your Energy, Restore ...

Get this from a library! Sacred rest : recover your life, renew your energy, restore your sanity. [Sandra Dalton-Smith] -- Staying busy is easy. Staying well rested-now there's a challenge. How can you keep your energy, happiness, creativity, and relationships fresh and thriving in the midst of never-ending family ...

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stress of everyday life? In Sacred Rest, Dr. Saundra Dalton-Smith, a board-certified internal medicine doctor, reveals why rest can no longer remain optional.

Sacred Rest: Recover Your Life, Renew Your Energy, Restore ...

Sacred Rest will transform your life because you will be able to put into use right away a variety of practical ways to rest your body, mind, emotions, senses, spirit, soul, and in relationships and creativity.

Sacred Rest: Recover Your Life, Renew Your Energy, Restore ...

By combining scientific research with personal stories, spiritual insight, and practical next steps, SACRED REST gives the weary permission to embrace rest, set boundaries, and seek sanctuary without any guilt, shame, or fear. Every tired, overwhelmed soul can recover its energy and love for life by using the principles in SACRED REST.

Dr. Saundra Dalton Smith, Sacred Rest - 7 types of Rest ...

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Sacred Rest Challenge - Dr. Dalton ... - I Choose My Best Life

Her newest release is Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity. In this episode, Dhru and Dr. Saundra talk about the seven types of rest and why a deficiency in any one of these areas can have unfavorable effects on your health, happiness, relationships, creativity, and productivity.

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Broken Brain with Dr. Saundra Dalton-Smith

Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity by Saundra Dalton-Smith available in Hardcover on Powells.com, also read synopsis and reviews. Staying busy is easy. Staying well rested-now there's a challenge. How can you keep your energy,...

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Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity. By Saundra Dalton-Smith. Duration: 7 h 15 min . Regular Price: \$24.98. Or 1 credit. Curanderismo Soul Retrieval: Ancient Shamanic Wisdom to Restore the Sacred Energy of the Soul. By Erika Buenaflor. Duration: 5 h 11 min ...

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