



## Seeking Silence in a Noisy World

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By Adam Ford

The Ivy Press. Hardback. Book Condition: new. BRAND NEW, Seeking Silence in a Noisy World, Adam Ford, Silence-seeker Adam Ford wisely interrogates the quiet spaces and pauses in life, drawing upon the spiritual use of solitude in religious traditions from Native American initiation ceremonies to Christian hermitages. He examines the creative power of silence as a source of inner strength and self-knowledge, and also reveals its darker side when used as a political or relationship weapon. Through personal anecdote and practical daily meditations, Seeking Silence in a Noisy World shows how we can all find moments of soothing peace to nourish our spirits in an increasingly chaotic world.



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