

Sip and Savor (Paperback)



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Reviews

The best book i at any time read. I am quite late in start reading this one, but better then never. I realized this publication from my dad and i advised this book to understand.

(Raina Simonis)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. After observing his fellow humans for many years, author Jim Young realized that there are essentially two types of people: gulpers and sippers. The gulpers live as though everything has been promised to them. They eat and drink and devour relationships until nothing is left, and they are still not fulfilled. The sippers, on the other hand, appreciate the flavor in every morsel and the beauty in every moment. They savor everything from food to time itself. This book honors sipping and savoring. Young has previously written on a wide range of topics, from self-help to spirituality. In Sip and Savor, Young presents brief selections from eighteen of his books. Some of the topics he tackles include the following: cultivating your inner awareness, recognizing the unimportance of others views of you, understanding religious texts as metaphors instead of fact, discovering the highest form of self, living true to your own nature, and extending out into the universe. Through these essays, short scenes, and even poems, Young demonstrates the importance of the authentic self. He examines what it means to be human and live an inwardly empowered life. Each carefully chosen excerpt reveals another essential facet of this continuing exploration.

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