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*Hugh Prather Quotes (Author of Notes to Myself)*

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peace. A guide to happiness. On our journey to a happy life, sometimes we need a little help. Author Hugh Prather steps in to take the role of our compassionate and thoughtful guide in this course for finding happiness. He spent his life not only as an author but as a minister and counselor, and so lends the wisdom and comfort that he provided in those roles to readers of this inspirational book. Quiet power in unsettled times. Prather's signature way of writing makes this book a potent and refreshing source of truth amidst the troubles we face in our daily lives. His reflections on how to be happy are rooted in human experience, and call on us to consider our connection with others. His words call on the spiritual and yet remain relatable to all people seeking personal growth, particularly as it relates to our happiness. Open up Hugh

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Reflections on the Struggles and Joys of Life Our lives are full of ups and downs, and experiences that break us and fulfill us. Author, minister, radio talk show host, and counselor Hugh Prather explores the many facets of life and ponders the values of love, courage, and more. Full of personal

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emotional growth will find it in Prather's Love and Courage. Learn more about: The values of truth and justice, friendship and generosity, love and courage and how they work in our lives Life experiences that have formed bestselling author Hugh Prather's view of the world and our place in it The beauty of life, even in the midst of struggles If you enjoyed books like The Book of Awakening, Welcoming the Unwelcome, or Soul Keeping, then you'll want to read Love and Courage.

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