



## Finding Silence: 52 Meditations for Daily Living

By James Roose-Evans

The History Press Ltd. Paperback. Book Condition: new. BRAND NEW, Finding Silence: 52 Meditations for Daily Living, James Roose-Evans, James Roose-Evans' list of accomplishments is formidable. Fifty years ago he founded the Hampstead Theatre. Thirty-five years ago he set up the Bleddfa Centre for the Creative Spirit. He has written seventeen books and directed countless plays, including the award-winning adaptation of "84 Charing Cross Road". He is an ordained, non-stipendiary Anglican priest and continues to direct, to teach, to write - and to meditate. "Finding Silence" grows out of the work of a group he leads in London which meets regularly for meditation. It is one of many hundreds of such groups today, gathering in one another's houses, transcending all differences of religion, colour, race, gender, as people increasingly seek a deeper meaning to their lives. James' first book on meditation, "Inner Journey: Outer Journey" went into three editions and led to him being much in demand at workshops and retreats. "Finding Silence" is the result of numerous requests for him to compile a collection of practical but inspiring thoughts about meditation, creativity and spirituality.

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