



# **Mudhouse Sabbath: An Invitation to a Life of Spiritual Discipline - Study Edition**

*Lauren F. Winner*

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Despite her conversion from Orthodox Judaism to Christianity, Lauren Winner finds that her life is still shaped by the spiritual essences of Judaism- rich traditions and religious practices that she can't leave behind. In Mudhouse Sabbath, Winner illuminates eleven spiritual practices that can transform the way we view the world, and God. Whether discussing her own prayer life, the spirituality of candle-lighting, or the differences between the Jewish Sabbath and a Sunday spent at the Mudhouse, her favorite coffee shop, Winner writes with appealing honesty and rare insight.



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