



Winter: A Spiritual Biography of the Season

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Explore how the dormancy and difficulty of winter can be a time of spiritual preparation and transformation.

For many, winter is a time of postponed activity?and of shoveling snow, navigating ice, and trying to keep warm. What can easily be forgotten in winter's cold and occasional dreariness is that it can also be a time of shoring up, of purity, praise, delight, and play.

In thirty stirring pieces?from translated Sanskrit and Hebrew poems to Henry David Thoreau and Basho, Jane Kenyon, John Updike, Kathleen Norris, and Annie Dillard?we share in the recognition of winter's hardships and celebrate the glory of winter as a spiritual gift?a quiet time in the rhythm of life, a time of thoughtfulness, of looking forward, and of unexpected hope.

Examining our retreat and hibernation from the world, and our ultimate breaking free from icy paralysis, these inspiring selections help us express and understand our own personal reaction to wintertime. They show us the way from the cold of this season to the warmth of the human soul.

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