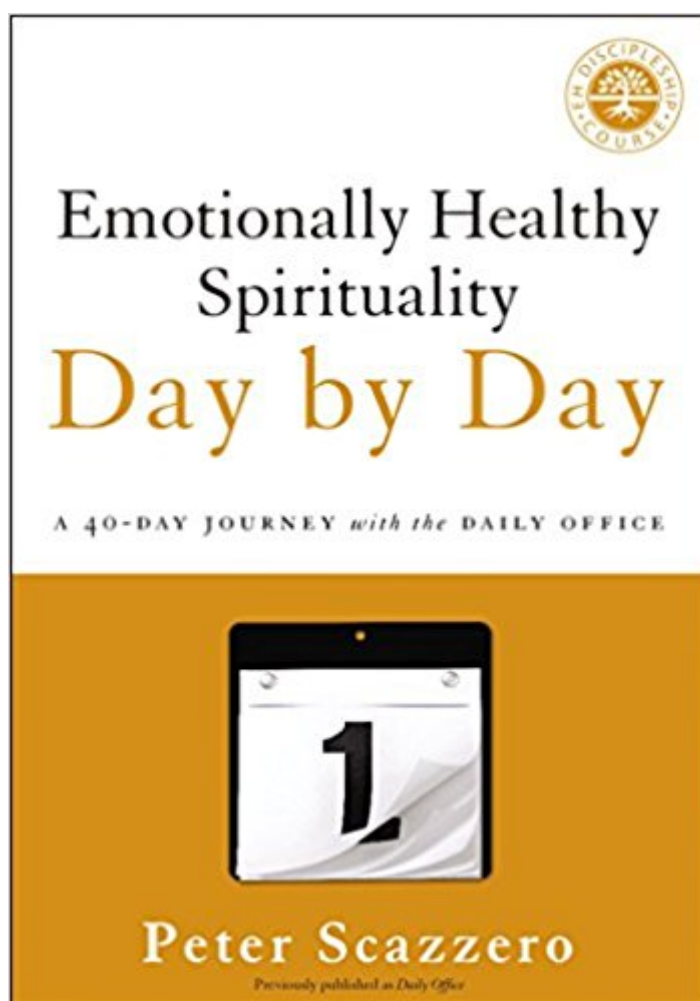


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# Emotionally Healthy Spirituality Day By Day: A 40-Day Journey With The Daily Office



## Synopsis

In this groundbreaking devotional book, Peter Scazzero introduces the ancient spiritual discipline of the Daily Office. The basic premise of the Daily Office is simple: We need to intentionally stop to be with God more than once a day so that practicing the presence of God becomes real in our lives. Each day offers two Daily Offices – Morning/Midday and Midday/Evening – where each pause can last from five to twenty minutes.

## Book Information

Series: Emotionally Healthy Spirituality

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## Customer Reviews

Peter Scazzero is the founder of New Life Fellowship Church in Queens, New York City, a large, multiracial church with more than seventy-three countries represented. After serving as senior pastor for twenty-six years, Pete now serves as a teaching pastor/pastor at large. He is the author of two best-selling books – The Emotionally Healthy Church and Emotionally Healthy Spirituality. He is also the author of The EHS Course and Emotionally Healthy Spirituality Day by Day. Pete and his wife, Geri, are the founders of Emotionally Healthy Spirituality, a groundbreaking ministry that equips churches in a deep, beneath-the-surface spiritual formation paradigm that integrates emotional health and contemplative spirituality. They have four lovely daughters. For more information, visit [emotionallyhealthy.org](http://emotionallyhealthy.org), or connect with Pete on Twitter @petescazzero.

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the links for the chapters, they don't work. When you try to click on the page numbers, it just returns to the page you were on. All my other kindle books work perfectly. There is something wrong with this one that it does not function correctly. I reported the problem and was sent a set of instructions to delete the kindle app and reinstall. I did this. All the other books continued to work perfectly and this one did the same as before. The book itself on kindle has to be defective or something.

Some chapters I like more than others, which is because of where I am in my life. The ones I like, I love, such as; Going Back in order to Go Forward and Journey through the Wall. This is on my best list of devotional books. One I will read over and over. The devotional book is a combination of scripture, works written by others, writings by Peter Scazzero and a brief prayer to end the devotion.

I have read this in paper format and LOVE the book. 5 stars in actuality! But... I accidentally left my well worn, repeatedly read copy in another country! Argh! So to get it right away I purchased a Kindle copy. I have now tried to purchase it twice for my kindle on my android. However, sadly, it still does not work past the introduction. I've never had this happen with a book before! I have friends with iPhone's tell me they have no problem with the download. Please Kindle... Can you fix this? I really want this digital copy. Should I get a refund or can you fix it? It's a 5 star book. No doubt. But this download must be fixed. The author is missing out in many many purchases due to this issue. That hardly seems fair! I thought after trying this 2 months ago (due to this same issue - I got a refund then), it would be ready by now... But not so. Looking forward to my Kindle copy soon. Please advise if a fix or refund is my best option.

I can't say enough about this book...Peter Scazzero's Emotionally Healthy Spiritually was given to me when I was walking into a terribly difficult season- I poured over that book 3 times- it has been my life line. I ordered this Day by Day- to give me guidance as I make my own journey through "the wall" - It's set up to keep you focused (2 times a day) on making your way through a painful season. I find it reminds me, in a concise way, of lessons from the 1st book (Emotionally Healthy Spiritually) and keeps me focused on moving forward. I highly recommend it and have ordered a second copy (along with another copy of the book Emotionally Healthy Spiritually) to give to a friend going through a tough time-

An excellent tool that has intentionally helped discipline me to still myself before the Lord twice a

day. Each reading starts with 2 minutes of quiet time, a scripture reading, devotional, a reflective question, prayer and ends with 2 minutes of quiet. Love this book--- second time through it

I enjoyed a new way of spending time with the Lord, reading the Bible, reflecting on the devotion and specifically praying to grow closer to the Lord. However, I had a little difficulty in progressing with the readings. When I tried going further than the last page of Weeks 4, 5, 6, 7 and 8 on my phone, the pages would not advance. I was fortunate to have more than one reading device. If I read on a different device, the phone would catch up with the other device. But on its own, the phone refused to budge from blank pages. I am blessed to have witnessed Peter Scazzero's transformation through his writing and develop my own way through his teaching.

I loved the journey this took me on. I am the lead pastor of a church, and have taken a few people through this. It has been very productive, and challenges so many of the deep-seeded roadblocks to growth in depth as an authentic Christ follower. I give it my highest recommendation.

Excellent book! We used it in our bible study class! It is a great way to expand your knowledge and increase your spiritual awareness! If you are in need of a simple daily opportunity to be in touch with God this is a great book to have and share with others!

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