



# Sleeping with Bread: Holding What Gives You Life

*Dennis Linn, Sheila Fabricant Linn, Matthew Linn*

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If you were to join us in either of our homes at the end of almost any evening, or if you were to attend one of our retreats, we would invite you to do with us the process described in these pages. This book is about asking ourselves two questions: For what am I most grateful? For what am I least grateful? These questions help us identify moments of consolation and desolation. We call this process the examen.

"We have given retreats in over forty countries, and we find that regardless of culture or age group, this simple process is the most helpful way for people to hear the voice of God guiding them from within. For example, should people bring us many questions ranging from, 'Should I change my job?' to 'What can help me with my depression?' We usually suggest they spend the next month focusing each day on the examen questions. Such people often return a month later having discovered from their own experience of consolation and desolation exactly what they should do more of and less of in order to resolve their problem.

"For centuries, prayerful people have found direction for their days and for their lives by identifying these moments. Since even small children can do this, we have tried here to present the examen in a format that families, friends and communities can share and that will be easily accessible to anyone. We hope the examen will enrich your lives and your relationships as much as it has ours."

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### **From reader reviews:**

#### **Lela Hird:**

People live in this new time of lifestyle always try and must have the free time or they will get wide range of stress from both everyday life and work. So , whenever we ask do people have spare time, we will say absolutely sure. People is human not a robot. Then we request again, what kind of activity do you possess when the spare time coming to you of course your answer can unlimited right. Then do you try this one, reading guides. It can be your alternative within spending your spare time, the book you have read is definitely Sleeping with Bread: Holding What Gives You Life.

#### **Manuel Rodriguez:**

Many people spending their time period by playing outside along with friends, fun activity together with family or just watching TV all day every day. You can have new activity to spend your whole day by examining a book. Ugh, you think reading a book can actually hard because you have to take the book everywhere? It alright you can have the e-book, getting everywhere you want in your Smart phone. Like Sleeping with Bread: Holding What Gives You Life which is getting the e-book version. So , why not try out this book? Let's see.

#### **David Manning:**

Is it you who having spare time and then spend it whole day through watching television programs or just resting on the bed? Do you need something new? This Sleeping with Bread: Holding What Gives You Life can be the respond to, oh how comes? It's a book you know. You are thus out of date, spending your spare time by reading in this fresh era is common not a geek activity. So what these guides have than the others?

#### **Valerie Bell:**

What is your hobby? Have you heard that question when you got college students? We believe that that issue was given by teacher to their students. Many kinds of hobby, Every individual has different hobby. And you know that little person similar to reading or as reading through become their hobby. You need to know that reading is very important and also book as to be the point. Book is important thing to include you knowledge, except your current teacher or lecturer. You get good news or update concerning something by book. Many kinds of books that can you choose to adopt be your object. One of them is this Sleeping with Bread: Holding What Gives You Life.

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