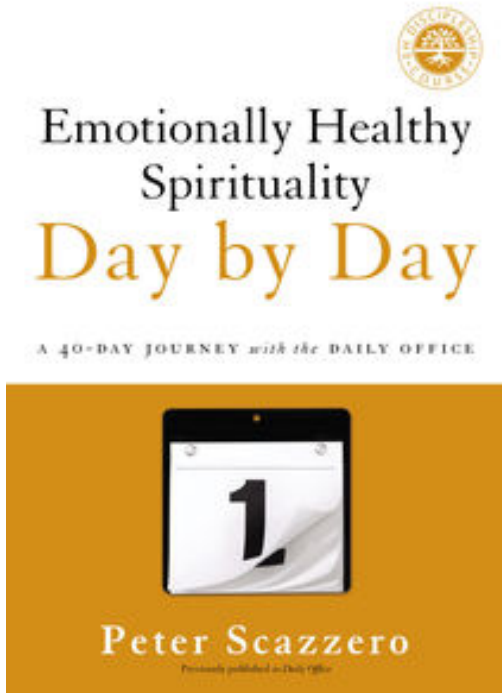


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Each day, Peter Scazzero invites you to the ancient and yet powerful spiritual discipline of the Daily Office, the practice of pausing morning and evening to reflect on God's work in your life.

In the midst of the hustle, we have to create interludes to re-center our hearts on the presence of God. For eight weeks, each morning and evening devotional will help you create that much-needed space for silence and reflection. You will be encouraged with thoughtful readings and questions to consider. And after each a closing prayer, you'll return to your day with a renewed sense of purpose and peace. This devotional is drawn from the bestselling book Emotionally Healthy Spirituality and can be read as a companion book or enjoyed on its own.

Emotionally Healthy Spirituality Day by Day will anchor your life on the invitation to love God with all your heart, mind, and strength. In this guided journey, you'll discover the spiritual nourishment, joy, and peace that comes from meeting with God every day.

Emotionally Healthy Spirituality Day by Day is also available in Spanish, Espiritualidad emocionalmente sana Día a día.

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