



# By Sarah Ban Breathnach - Simple Abundance: A Daybook of Comfort and Joy (10/16/95)

*Sarah Ban Breathnach*

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Synopsis This book features 366 essays penned from a woman's perspective. Sample topics include gratitude, harmony, self-nurturing, positive body image, the importance of scented linen closets, and many others. Each essay sports a pithy quote from (surprise!) the likes of Kahlil Gibran. Viewed uncritically, it's hard to argue with Simple Abundance's earnest admonitions to appreciate life, in all its messy imperfect excellence. And the fact that serenity and happiness are each in dreadfully short supply can excuse some of the treacly writing. But Breathnach sometimes lapses into what can only be described as her "Martha Stewart on Prozac" voice, and the results are aggravating to the extreme: "If you've been hesitant to strike up a reciprocal relationship with your guardian angel, don't be." Fans of guardian angels will greet these feel-good essays every morning with the rising sun, a cup of mint tea, and a bluebird chirping on the windowsill, and be happy.

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