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## Gift from the Sea

By Anne Morrow Lindbergh

Vintage Publishing. Hardback. Book Condition: new. BRAND NEW, Gift from the Sea, Anne Morrow Lindbergh, "Quietly powerful and a great help. Glorious". (Emma Thompson). 'Women need solitude in order to find again the true essence of themselves.' First published in 1955 and an instant bestseller, Gift from the Sea is a classic, wise book for women about how to flourish in life, how to balance life, work, motherhood; about finding space to think and breathe. Holidaying by the sea, and taking inspiration from the shells she finds on the seashore, Anne Morrow Lindbergh meditates on youth and age, love and marriage, peace, solitude and contentment. Her insights - into aspects of the modern world that threaten to overwhelm us, the complications of technology, the ever multiplying commitments that take us from our families - are as relevant today as they ever were, perhaps even more so. By recording her thoughts during a brief escape from everyday demands, Anne Morrow Lindbergh helps readers find a space for contemplation and creativity within their own lives.



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