

Christian Meditation?



Have you ever:

- Wanted to try meditation, but didn't know where or how to begin?
- Tried meditation, but found it too hard or boring to continue?
- Wondered if meditation is relevant for and should be used in Christian settings?
- Ever been skeptical about the theological and scientific benefits of meditation?

Theologian and *New York Times* Best-Seller author Barbara Brown Taylor is calling ***One Breath at a Time: A Skeptic's Guide to Christian Meditation*** by **J. Dana Trent** a "very clear and completely do-able invitation to be still with God for a few moments each day." **Taylor adds:** "Whether you are new to meditation, lapsed in your practice, or simply curious, you have found the right teacher."

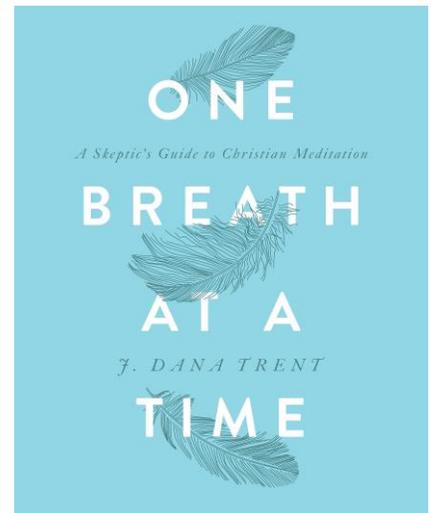
This upcoming resource for from Upper Room Books launches **January 2019** and reframes meditation for eager students, skeptics, clergy, and those interested in both the spiritual and scientific benefits of this ancient practice.

This 40-Day Guide to Meditation Is Ideal For

- The growing number of Christians in the U.S. interested in contemplative spiritual practices
- Church Sunday School classes, Adult Forum classes, continuing education, small groups, book clubs, and meditation groups
- Advent and Christmas gifts, New Year's resolutions, Lenten practices, Advent practices, as well as personal mindfulness/meditation goals and growth

Key Features of This Book

- Provides a scriptural, theological, and scientific case for Christian meditation
- Compelling stories from the author's personal experience that invite readers to examine their own struggles with silence
- Contains 5 meditation approaches that help readers learn step-by-step how to meditate
- Encourages readers to disconnect from technology and connect to the workbook so they can be fully present with God



One Breath at a Time is a perfect 40-day guide for your:

- Sunday School Class Curriculum
- Small Group
- Book Club
- Family and friends



Bulk orders of five copies or more receive a discount!

Pre-order now at: <https://bookstore.upperroom.org/Products/1855/one-breath-at-a-time.aspx> or call Upper Room Books Customer Service at 1-800-972-0433.

Your discount will appear after you've added your number to the cart. This book releases **January 1, 2019**. For every bulk order, author Rev. J. Dana Trent is available to facilitate virtual discussions or Q&A sessions via Skype or Zoom.

Copies	Discount
5-9	5% off
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About The Author

The Rev. J. Dana Trent is the author of *For Sabbath's Sake* and *Saffron Cross*. She is on the humanities faculty at Wake Tech Community College, Raleigh, NC. Dana travels widely, speaking on Sabbath as a time of rest, worship, and community; Christian meditation; and fostering interfaith conversation and community. She holds a Master of Divinity from Duke University Divinity School and a bachelor's degree in French and history from Salem College. She is ordained in the Baptist tradition.

Questions?

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