





What air is to the body, prayer is to the soul. As Edward Hays tells us, that is why Jesus told us to pray ceaselessly. In Prayer Notes he creatively suggests exciting new ways to give breath to your soul and to nourish your prayer. Drawing upon a wealth of over forty years of experience as a spiritual guide and soul-companion, he has filled these short reflections with powerful insights about how to enhance and renew your daily prayer.

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