



Inner Simplicity: 100 Ways to Regain Peace and Nourish Your Soul

Elaine St. James

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The author of *Simplify Your Life* offers a path to the simpler life of mind and spirit through meditation, solitude, making spirituality a regular part of the day, and getting in touch with your creativity.

Inner Simplicity: 100 Ways to Regain Peace and Nourish Your Soul Details

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Author : Elaine St. James

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From Reader Review Inner Simplicity: 100 Ways to Regain Peace and Nourish Your Soul for online ebook

Amanda-Kate says

I love, love, love this book. It contains very basic ways to live in the present moment and make the most of life.

I am a worrying kind of a girl, I can't recall a time when I didn't have this bad habit. This simple little book gave me some important tools to combat my worrying nature and confront the fears that provoke the worry. For me it is a choice I have to make and this book really helped me to see that.

Robyn says

Quick, short 'chapters' full of good ideas on how to let go of stuff, literally; how to say, 'no thanks,' and lots of other things that have helped me and continue to help me. I'd love it if we lived close enough to work to just ride our bikes; to have a huge garden, to toss out the TV (husband likes sports now and then), and I do turn off the ringer on the phone anytime I want to. :)

Jenna says

3.5 stars. I will admit, I like a good self-help book every once and awhile. I tend to gravitate toward books such as this that focus on simplifying our lives. To me, it's not about simplifying in the way of getting rid of our technology and etc. but rather about adapting a more simplified way of thinking. This book was a quick read but towards the end it started to get a little out there for me. Only took me a couple hours to get through this one and it could easily be picked up and pages through over and over again.

Tucker says

Basically true information. As a 1995 publication about eliminating distraction, the absence of any mention of Internet is noticeable, but that's all right because we don't need to be told that Internet falls into the category of distraction along with social commitments, TV and magazines, bad food and overwork. This is about solutions, not problems, and all the strategies for overcoming distraction still apply today. More bothersome than its slight datedness is the assumption of a financially secure, child-free lifestyle in which a person can spend all day thinking about how to maximally enjoy their life. Upon waking, one is supposed to retreat to one's sanctuary and begins with five-minute exercises each for meditation, laughing, crying, pillow-punching, journal-writing with the non-dominant hand. One plays subliminal affirmation cassette tapes nonstop, meets with a small support group for spiritual growth, and uses dry beans in a paper cup to track every positive and negative thought throughout the day (there's an app for that...). One pays attention to the type of news one consumes (pleasant or unpleasant), reads books (but not detective stories in bed because they might cause nightmares), cancels extraneous magazine subscriptions, and sells one's house and the artwork it contains if it's all too annoyingly expensive. One gets a calendar and a packet of gold star stickers

to track progress in the elimination of bad habits, and one waits until the first of the month to begin the chart because it's aesthetically convenient to see the whole month of stickers on the same page. (Delaying self-improvement until the first of next month is OK, I suppose, if your bad habit is something like napping in front of the TV rather than something like drinking four beers and yelling at your family.) The only reference to financial difficulty is the statement that many people bought too much stupid commercial stuff in the '80s and which sets them back in the '90s. It's not bad advice, but the topic is limited to affluenza without saying so directly, and not everyone will relate to that or have the time and resources to do anything about these problems even to whatever extent they recognize themselves to be affected. The book would also have been improved if it recognized the importance of "giving back" to others and if it explored how one can simplify one's commitments yet continue to make meaningful contributions (whether through traditional paid work, some kind of unpaid effort, or a social or familial connection), rather than just saying that we're too busy so we should do less.

Shari says

This book changed my life. I had previously tried to make changes to simplify, but I didn't seem to *feel* that life was calmer or simpler. This book showed me the changes I needed to make to change my inner world, not just my outer world. I return to this book whenever I need to slow down.

Ami says

I wish I'd simplified my inner life by not reading (or even skimming) this book. I'm planning to simplify my life further by not reading any more of these simplicity books. For a while, at least.

Shaoola says

Loved it

Read it over 10 years ago yet the lessons I learned from it still echo throughout the years

Liisa says

Simply, what a gem of a book!

100 short but meaningful suggestions to simplify your life with the aim of squeezing more joy, fulfilment and love out of your life.

These dip in, dip out chapters are further split into several sections:

- 1/. Things you'll *want* to do
- 2/. Easy things to *think* about doing
- 3/. More difficult things to think about doing
- 4/. The hard stuff

5/. Some fun stuff

You can read it in any order you wish but I started at the beginning and worked my way through it only stopping to refer to the reading list or to google further information on a suggestion. I purposely didn't "rush" through as I wanted to savour the suggestions.

I gained a lot from this book and have a sneaking suspicion that it's the type of book that will bring something new to me every time I read it.

Most definitely a keeper!

Angela says

Pithy advice in a non-threatening package.

Allen Steele says

read this almost 15 Years ago, but i still think often about the suggestions on how to slow down & smell the roses

Greg says

I've had this with me for 20 years now and there is some good ideas here. Like #14: "Figure out what you don't want in your life". I've a list of things I've given up, like television news shows, Facebook, and most importantly the volume/vibration of my perfectly functional flip phone. I check it maybe four times a day and sometimes never on a day here and there. I am the master of my phone, not the other way around. Anyway, still have a number of things to work on, of course, like chillin' out even more by the pool.

Jenny says

This book gave me some good ideas. I am going to: create a sanctuary, buy some outdoor chairs so I can enjoy time outside every evening, connect with the sun each day, admit to people that I know nothing about current events and don't really care, laugh more, exercise even though the daycare kids are here, pick fresh flowers and plants for my house. Again, my kids think I am weird.

Yousif Al Zeera says

No rich content.

Maryah Mohammed says

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Annburnett says

Its a nice read. Makes you think about things and relax a little.
