



Ordinary Awakenings: How to Discover Valuable Gifts in Life's Ordinary Experiences

By Kathy M. Irr

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Every ordinary and often mundane day holds undiscovered treasures that help us gain a deeper understanding of who we are in relation to the world, one another, God, and ourselves. This book will inspire you to look at life with a new perspective. Kathy's personal stories, simple reflections, and questions will encourage you to explore your thoughts, feelings, and experiences. The book contains straightforward suggestions and practical reflection exercises to help you become more aware of the presence of God in your daily life. You will feel encouraged and supported, your creativity will flow, and you will find yourself more willing to let go of needless worry. You will surrender control of those things you cannot control and find freedom and happiness at every turn. And you will find an inner strength to carry on positive interactions with loved ones, coworkers, clients and community. This book can be used as a personal tool for transformation as well as in a group session or workshop setting.

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Editorial Review

About the Author

Kathleen M. Irr presents workshops and is an experienced retreat leader who specializes in the area of spiritual restoration and addictions. She is a certified spiritual director and is a member of Spiritual Directors International. Kathy is also a Registered Nurse with over thirty years experience working in the area of Psychiatric and High School Nursing. She resides in Norwich, CT with her husband of 32 years and has two grown children, Michael and Christopher.

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