



A Sabbath Life: One Woman's Search for Wholeness

Kathleen Hirsch

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Poetic and provocative, a challenge to women to create more spiritually rich and balanced lives. A successful writer and a committed feminist, Kathleen Hirsch, at age forty, finds herself searching for something more. How, she asks, can women's lives be more spiritually alive and whole? Can we reclaim in our most productive years what we sacrificed to earlier ideas of success? What is the place of silence and creativity in our busy lives?

Unable to trek to Tibet or retreat to a cabin in the woods, she enters a season of reflection in the midst of her everyday life. A career crisis, the sudden death of a brother, and the birth of her son, all in a year's time, deepen her probing. Hirsch examines the role of women's friendships and the definition of worthwhile work. Her inner pilgrimage gradually moves her to seek out a range of remarkable women who are consciously trying to live in balance. They lead her to bold conclusions that will inspire many women who are seeking realistic ways to live more multidimensional lives. Beautifully written, *A Sabbath Life* will serve as A Gift from the Sea for the twenty-first century.

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