



Finding Hope: Cultivating God's Gift of a Hopeful Spirit

Marcia Ford

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Finding Hope: Cultivating God's Gift of a Hopeful Spirit Marcia Ford

Discover the freedom and joy that come when you open your heart to hope. This practical guide gives you the inspiration, encouragement and practices you need to cultivate a hopeful spirit and thus live a more fulfilling and joyful life. Writing from personal experience and her broad knowledge of many faith traditions, Marcia Ford helps you recognize—or develop—your own personal images of hope and create a place where you can go to see the many evidences of hope in your life any time despair seeps in. She provides inspiring personal stories of hope from the famous and not-so-famous and realistic exercises for creating the overall balance and peace you look to achieve in living your life connected to God.

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