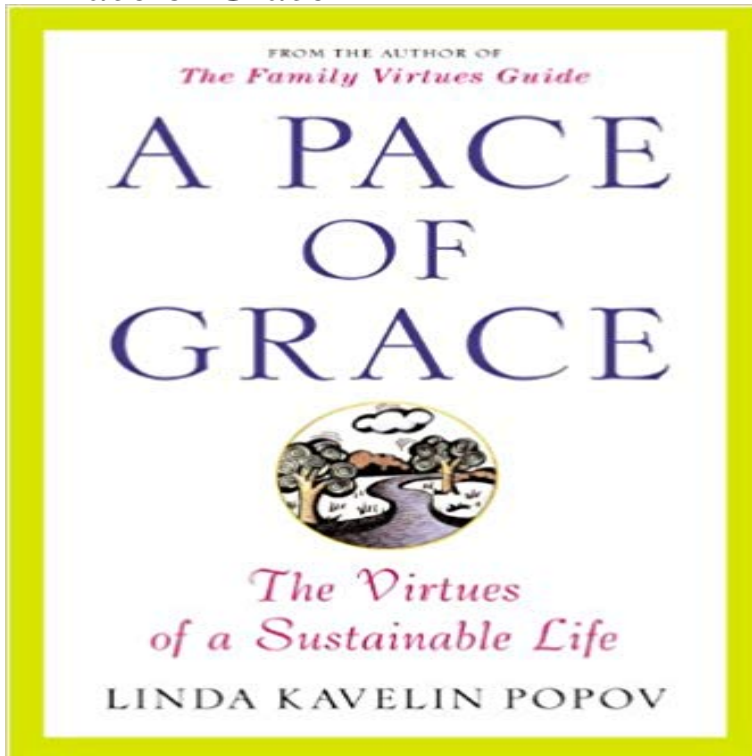


A Pace of Grace



In today's anxiety-ridden, stress-infused world, even a moment of quiet reflection has become a time-consuming luxury most of us just can't afford. How did we reach this point? How did we lose our direction and sense of control? And, most important, how can we reclaim our lives? Linda Kavelin Popov asked herself these same questions, after the pressures of her own workaholic lifestyle nearly destroyed her. Now, as cofounder of the International Virtues Project she helps others achieve a pace of grace—a pace for our lives that can balance and sustain us physically and spiritually. Through a four-part program that teaches you how to purify your life, pace yourself, practice the presence, and plan a sustainable life, *A Pace of Grace* offers simple ways to rediscover the essential elements of a life well lived. Complete with Linda's ten rules for health, this comprehensive guide is the first step in recapturing the joy and vibrancy inherent in each of us.

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Linda Kavelin Popov - The Virtues Project A Pace of Grace has inspired artists around the world to create companion pieces to the book. Linda has creative partnerships with artists, composers, and craft **A Pace of Grace: The Virtues of a Sustainable Life - Virtues Shop**

Linda Kavelin Popov is a psychotherapist based on Salt Spring Island, BC. Her second book, A Pace of Grace (2004), is part-autobiography, **A Pace of Grace: The Virtues of a Sustainable Life** - Contact us to book Linda Kavelin Popov for a keynote presentation, a Pace of Grace retreat, leadership conference, or personal care course. FaceBook: Linda **Virtues - A PACE OF GRACE - The Virtues of a Sustainable Life** In todays anxiety-ridden, stress-infused world, even a moment of quiet reflection has become a time- consuming luxury most of us just cant afford. How did we **A Pace of Grace by Linda Kavelin Popov PenguinRandomHouse** Virtues Training offers workshops on A Pace of Grace. **A PACE OF GRACE - The Virtues of a Sustainable Life** A Pace of Grace: The Virtues of a Sustainable Life is about finding and keeping mind, body and spirit balance. **A PACE OF GRACE - The Virtues of a Sustainable Life** In A Pace of Grace you will find how to reclaim your energy, your time and your health. A new beginning may be yours with a life of greater joy, **A Pace of Grace: The Virtues of a Sustainable Life** - Buy A Pace of Grace: The Virtues of a Sustainable Life by Linda Kavelin Popov (ISBN: 9780452285439) from Amazons Book Store. Free UK delivery on eligible **Virtues Training A Pace of Grace - Virtues Training** An environment of order and beauty brings peace to our souls. Grace, Openness to the bounties of life, trusting that we are held in Gods love through all **A PACE OF GRACE - The Virtues of a Sustainable Life** Find helpful customer reviews and review ratings for A Pace of Grace: The Virtues of a Sustainable Life at . Read honest and unbiased product **A Pace of Grace: The Virtues of a Sustainable Life - Virtues Shop** A Pace of Grace has 66 ratings and 10 reviews. Kathleen said: This is a book for getting your life back on track. It is spiritual and practical, and Ms. : **Customer Reviews: A Pace of Grace: The Virtues of a** A psychotherapist and founder of the Virtues Project, Popov (The Family Virtues Guide), found that, despite her success, she was beset by stress and fatigue. **A PACE OF GRACE - Publishers Weekly A PACE OF GRACE - Publishers Weekly** A Pace of Grace by Linda Kavelin Popov, 9780452285439, available at Book Depository with free delivery worldwide. **A Pace of Grace: The Virtues of a Sustainable Life:** In todays anxiety-ridden, stress-infused world, even a moment of quiet reflection has become a time- consuming luxury most of us just cant afford. How did we **A PACE OF GRACE - The Virtues of a Sustainable Life** If you answered those questions with a resounding yes, you will relate to the issues in Linda Kavelin Popovs Pace of Grace: The Virtues of a Sustainable Life . **A Pace of Grace - Kindle edition by Linda Kavelin Popov. Self-Help** For booking enquiries, to contact us please click here. (Linda Kavelin-Popov on FaceBook). News articles and press releases: Victoria Times-Colonist 06/04. **10 Rules for Health - A PACE OF GRACE - The Virtues of a** Come and explore A Pace of Grace, Lindas book, described by The Dalai Lama as the key to lasting happiness. You will receive a four-part **the program - A PACE OF GRACE - The Virtues of a Sustainable Life** A Pace of Grace: The Virtues of a Sustainable Life is about finding and keeping mind, body and spirit balance. **A Pace of Grace: The Virtues of a Sustainable Life, a review by** Proactive Rest Have a routine of rest once or twice every day. Stop before **Pace Yourself** Set moderate work hours, respecting your bodys inner clock. Choose **A Pace of Grace: A talk by Linda Kavelin Popov - Virtues Shop** A Pace of Grace: The Virtues of a Sustainable Life [Linda Kavelin Popov] on . ***FREE*** shipping on qualifying offers. In todays anxiety-ridden,