



Breath of Joy: Poems, Prayers, and Prose

Danna Faulds

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What is joy, and where does it come from? In this book, poet Danna Faulds uses her meditation and yoga practice to inquire deeply into the nature of joy. Her most radical discovery is that joy is everywhere when we open up and look closely - joy for no reason that is innate and natural. While joy can often seem out of reach, it is as near to us as breathing. In poetry traversing a wide range of subjects, the theme of joy winds through like a silver thread leading in only one direction.

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