



Sanctuary: Creating a Space for Grace in Your Life

Terry Hershey

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Have you ever come back from a vacation only to feel more wiped out than before? Does the phrase “a little R&R” sound like an unattainable dream, something you’ll “get around to” one of these days? What do you do when you need to “just be” for a while? The rigmarole of our daily lives takes a toll in energy, time, and effort. And the space and rest we need to recuperate—physically, mentally, emotionally, spiritually—is usually pushed to the back burner. What we need is sanctuary, a place and space that allows us to reflect, rejuvenate, and restore. Terry Hershey’s new book, *Sanctuary: Creating a Space for Grace in Your Life*, not only defines what sanctuary is but why we need it, where we can find it, and how we can create it as space and habit.

For almost 30 years, Terry Hershey has been designing and creating personal sanctuaries, as well as helping others practice sanctuary within themselves. With practical ideas and his signature conversational tone, Hershey illustrates that sanctuary is not a new-age fad or lifestyle upheaval; rather it’s a way to approach and embrace your daily life through a lens of grace, freedom, and contentedness.

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