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| Titolo | Oxygen for the Soul: Prayers, Reflections and Inspiration for Teenagers |
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| ISBN | 1-84730-669-1 |
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| Sommario/riassunto | This beautiful book of prayers and reflections, compiled specifically for teenagers, is designed to offer consolation and inspiration for anyone navigating the road to adulthood. Containing words of wisdom from poets, philosophers, students and saints, Oxygen for the Soul invites teenagers to reflect on their everyday concerns, as well as the deeper questions they may have about life. The book begins by exploring how to pray, before presenting a thoughtful selection of material including prayers 'to know by heart', prayers for 'times of difficulty', as well as poems that explore the particular concerns of young people in a fitting and enlightening manner. Oxygen for the Soul can be used anywhere at any time to provide both solace and encouragement for teenagers as they cope with the ups and downs of life. The author is donating her royalties on this book to the Blue Ribbon Fund, which provides financial support for families of heart transplant patients. |