



Your Daily Rock: A Daybook of Touchstones for Busy Lives

Patti Digh

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Following in the tradition of her bestselling *Life Is a Verb*—a guide to living life more consciously—Patti Digh returns with this deceptively simple gathering of touchstones, *Your Daily Rock*. With her signature gift of presenting truths in concise heartspeak, she provides short meditations to ground each day in more mindful and intentional living. The three hundred and sixty-six reflections (one for each date, including February 29th), lead readers to open space in their lives in order to love well, live fully, let go deeply, and make a difference.



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