



# Simplify: A Guide to Caring for the Soul

*Carolyn J. Rasmus*

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## **Simplify: A Guide to Caring for the Soul** Carolyn J. Rasmus

We've all been there — too many pressures, too little time. Life starts to spin out of control. Learning to simplify our lives is much more than avoiding phone calls and trimming hectic schedules, more than cleaning closets or paring down possessions. Convinced that the most destructive aspect of stress is what it does to us spiritually, Carolyn Rasmus outlines eight principles — using each letter of the word SIMPLIFY — that will help us keep from becoming so distracted by trivial things that our spiritual perspective is obscured. With these eight principles as a guide, we can enhance our ability to choose our priorities, remain calm amidst the daily chaos of life, and focus on things that really matter.

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