



Moving On: Creating Your House of Belonging with Simple Abundance

Sarah Ban Breathnach

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Building on the success of Sarah's previous books, *Moving On* expresses a new-age inclusiveness that allows people of all faiths and belief systems to enjoy her positive outlook on life.

Inspired by her own life experiences and requested by avid Ban Breathnach readers eager for another volume, Sarah helps readers to understand themselves and to use those insights to create a home that truly suits their spirits and their lives.

"We do not know how to move on," Sarah observes. "We have learned to let go, but not move on." This keen insight differentiates this book from other self-help books dealing with life changes.

Sarah helps readers cope with what she calls, "the myriad demands of uprooting one's life," and teaches them to not only move, but to finally create what she calls, "your own house of belonging."

Like the other books in Sarah's acclaimed *Simple Abundance* series, *Moving On* is what Sarah calls "part meditation, how-to-manual, and memoir."

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