

The Book of Comforts; Simple, Powerful Ways to Comfort Your Spirit, Body and Soul, by
Patricia Alexander & Michael Burgos (2005).

Alexander and Burgos provide thoughtful ideas to comfort oneself in ways that are meaningful and healthy. Broken down into three sections, spirit, body, and soul, the authors inspire with creative, yet common sense and easy suggestions such as let your feet touch the earth, pick a hobby you find compelling, and revive an old friendship. Other contributors challenge us in how we comfort ourselves by sharing their own personal tried and true comfort measures. Quotes and illustrations of “little slices of sky” add to the intrigue and soothing capacity of this book.