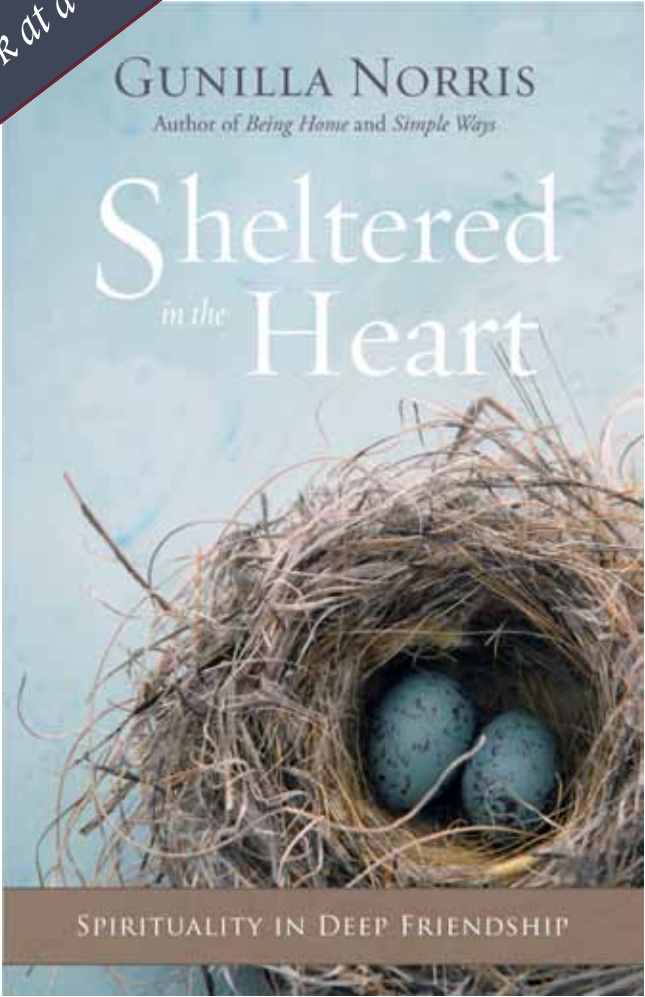


The Book at a Glance



To have the deep love of a friend is to have the shelter in which to embody more and more of the essence that we each are. In her book Gunilla Norris shows how in holding each other with trust and compassion our shells fall away and we emerge into the world as freer beings. Participating in a true friendship is profound and holy work. This book is a gift for the journey.

**Gunilla Norris'** has been a psychotherapist in private practice for more than thirty years and has felt privileged to accompany many people on their journeys to growth and healing. Her special love has been teaching meditation and leading contemplative workshops of many kinds. As a writer Gunilla has published eleven children's books, one book of poetry and six books on spirituality including: *Being Home*, *Becoming Bread*, *Inviting Silence*, *Journeying in Place*, *A Mystic Garden* and *Simple Ways*.

"Gunilla Norris' simple precepts for meditating and living have a translucent quality. We can all benefit greatly by observing them."

—Thich Nhat Hanh

"Gunilla Norris has gifted us with a marvelous little book on creating and nurturing authentic friendships. Read this book slowly—like a prayer book. The poetry of her words will bless you with every page-turn. *Sheltered in the Heart* sings of a resilient faith lifted out of the dance of life. I joyfully recommend it."

—Macrina Wiederkehr, O.S.B., retreat guide and author of *Abide: Keeping Vigil with the Word of God*

## Book Availability and Terms

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