



Inside the Flame: The Joy of Treasuring What You Already Have

Christina Waters

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Inside the Flame invites readers to unplug their computers, cell phones, and televisions and plunge back into overlooked nooks and crannies of everyday experience. This jewelbox of an illustrated book offers anecdotes and adventures from the author's wide-ranging personal biography that showcase a life filled with intensity, excitement, and intention. The book's three sections take the reader through sensory journeys in the everyday world, inspiring a sense of exploration in every one of the short, richly-detailed chapters. *Inside the Flame* inspires readers to revive a sense of play and curiosity into each moment--to explore the radical potential of the tactile world. *Inside the Flame* illustrates how attentive experience brings the world close, and how the world responds by infusing us with bold colors, memorable textures, and a renewed passion for the examined life.

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Lewis Skinner:

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