



Stretching Lessons

Sue Bender

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Written with all the clarity, honesty, and insight that made *Plain and Simple* a phenomenal *New York Times* bestseller, this final volume of the *Plain and Simple* trilogy is about taking risks to grow spiritually and how to "stretch" to grow beyond our self-imposed limitations. With her graceful storytelling and charming illustrations, Sue Bender looks inward to discover the spirit within each of us that whispers to be heard.

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