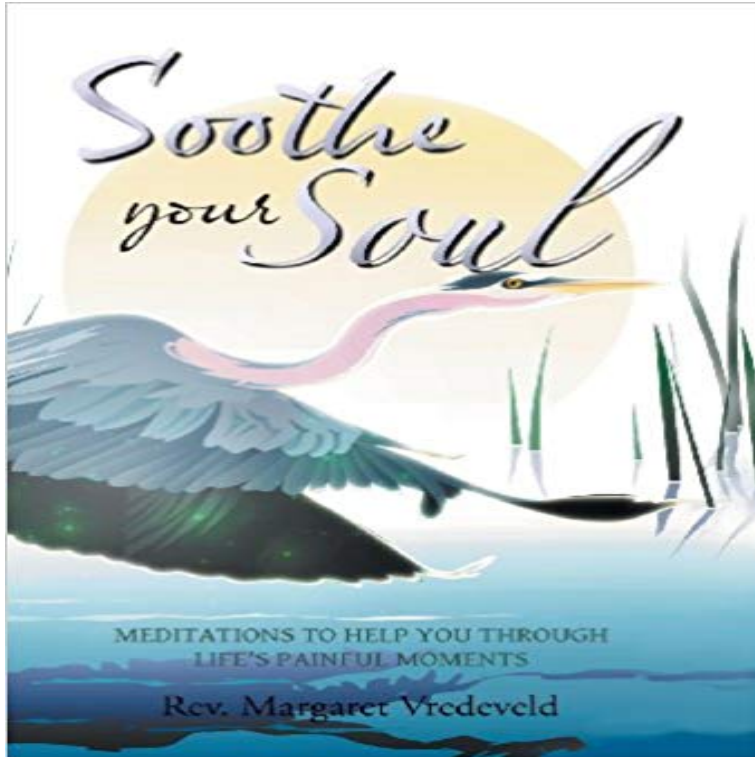


Soothe Your Soul: Meditations to Help You Through Lifes Painful Moments



Author Rev. Margaret Vredevelde knows firsthand the sorrow and anguish of a loved one passing. In April of 2001, her youngest daughter, Sheri Joy, died at the age of twenty-eight of ovarian cancer. During that time, Vredevelde served as her daughter's spiritual guide while continuing to pastor her congregation; she soon came to realize that she had come to a better understanding of difficult times her parishioners faced. In *Soothe Your Soul*, Vredevelde shares a host of meditations to help people navigate some of life's most painful moments. Based on her personal life experiences and complemented with Scripture readings and songs, the meditations address a variety of topics, including conflict, confusion, gossip, hostility, self-doubt, anger, depression, and the death of a loved one. Filled with words to calm the spirit and uplift the heart, *Soothe Your Soul* offers reflections and teachings to guide people through some of life's most trying times and experiences.

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