



ConversationThe Sacred Art: Practicing Presence in an Age of Distraction (The Art of Spiritual Living)

Diane M. Millis PhD

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Cultivate the potential for deeper connection in every conversation.

"To think of conversation as a sacred art challenges us to imagine all the conversations in which we participate, from the acquaintance we run into at Target to the dialogue for which we've spent weeks in preparation, as a potentially sacred conversation."

?from the Introduction

We often find ourselves distracted and overwhelmed by a constant stream of information and demand for connectivity. Now more than ever, we need to develop our capacity for greater presence in our daily lives and relationships. One of the best ways to do this is by improving the quality of our conversations. Dr. Diane M. Millis offers us inspirational stories, insights and spiritual practices from many faith traditions to increase our awareness of the deep, natural holiness waiting to be unlocked in our everyday encounters.

This resource is a catalyst for anyone who would like to enrich seemingly ordinary conversations as well as for leaders in educational, ministry and corporate settings who want to:

- Increase their capacity to listen deeply
- Become more self-aware and attentive to others
- Learn how to move beyond conventional topics to exploring purpose, meaning and values in conversation.

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