



# What Matters Most?: Finding spiritual treasure in everyday life

*Brian Draper*

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## **What Matters Most?: Finding spiritual treasure in everyday life** Brian Draper

If you feel that you are hurtling through life, pouring energy, money and time into things that may not matter in the end – and you want to STOP – then this book is for you. It will help you find the space to discover WHAT REALLY MATTERS to you – and how to integrate it more fully into your daily routine, so you can LIVE LIFE to the fullest extent possible. This might involve challenging the beliefs that hold you back, or letting go of shattered dreams. Draper encourages you to embark on a “stop doing” list, to go more slowly, become aware of what you can hear and see, smell, and touch – and to pay attention to those spiritual essentials that will nourish your soul, bring a smile to your face, and joy to your heart.

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