



The Gift of Rest: Rediscovering the Beauty of the Sabbath

Joseph I. Lieberman, David Klinghoffer

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Rediscovering the Beauty of Sabbath Rest

Our bodies and souls were *created* to rest—regularly—and when they do, we experience heightened productivity, improved health, and more meaningful relationships.

In these pages you'll find wonderful stories of the senator's spiritual journey, as well as special Sabbath experiences with political colleagues such as Bill Clinton, Al and Tipper Gore, John McCain, Colin Powell, George W. Bush, Bob Dole, and others. Senator Joe Lieberman shows how his observance of the Sabbath has not only enriched his personal and spiritual life but enhanced his career and enabled him to serve his country to his greatest capacity.

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