



# Your Living Compass: Living Well in Thought, Word, and Deed

*Scott Stoner*

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## **Your Living Compass: Living Well in Thought, Word, and Deed** Scott Stoner

- Structured holistic wellness program for individuals and groups based on a highly successful retreat model developed by priest-psychotherapist
- Builds on the national network of Living Compass workshops, presentations, and publications, and soon, the 14-room Nicholas Center, a faith and wellness retreat and training center in the heart of Chicago
- Each chapter includes questions for reflection

If Barbara Brown Taylor and Steven Covey ever wrote a book together, this might be the book! Living Compass is a church-based faith and wellness program designed for individuals and small groups. Readers engage in a 10-week, self-guided wellness retreat, consisting of daily ten-minute readings, plus questions that guide the user to make small, meaningful action steps designed for getting “your life, your relationships, and your work headed in a new direction,” according to the author.

Deeply spiritual and exceedingly practical, the new book joins the national Living Compass ministry, which includes educational classes on a multitude of wellness topics, small groups that promote and support those who desire to make healthy changes in their lives and, wellness resources (including a free Living Well with Living Compass app), social media, and soon, a new center for trainings and retreats that will be located in the offices of the Episcopal Diocese of Chicago.

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