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Pause for Thought (Paperback)

By BBC Radio 2

Watkins Media, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. In a world that seems to rush us ever onwards, this book is all about pausing. When we stop, and really think, we give ourselves a chance to change direction. We create a space for something new and wonderful to grow. This inspiring collection of reflections on modern life is taken from Pause for Thought, broadcast daily on BBC Radio 2 on the Chris Evans and Vanessa Feltz shows. These pieces offer fresh ways of perceiving the world, of connecting with each other and of negotiating modern life. Together, they provide a guide to finding happiness and achieving spiritual wellness, despite all the challenges we face. Contributors include Gogglebox vicar Kate Bottley, stand-up comics Shazia Mirza and Paul Kerensa, and ex-Communard Richard Coles along with religious leaders Bishop Nick Baines, the Chief Rabbi Ephraim Mirvis and Cardinal Vincent Nichols. Pause For Thought is broadcast on BBC Radio 2 on After Midnight at 00:45 and 02:45, on Vanessa Feltz's show at 05:45 and on Chris Evans's Breakfast Show at 09:20. It features an eclectic mix of contributors from a wide range of faiths.


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