



Spiritual Health: A Grounded Beginning

Simple ways to make room for faith, purpose, gratitude, and peace

Build a steadier inner life, one practical choice at a time.

SHAD EDDIE MONGRUE

Free preview edition · pages 1–2

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01

Make Room for Meaning

Busy days can pull your attention in every direction. Spiritual health gives you a way to pause, notice what matters, and reconnect with your values.

- ◆ Begin with prayer, reflection, gratitude, or quiet attention—choose what fits your beliefs.
- ◆ You do not need perfect words or a complex routine to make room for meaning.
- ◆ Spirituality may overlap with religion, or it may matter to you outside a religious tradition.
- ◆ Notice what gives your day direction, then let one small practice bring it into focus.

Spiritual life can begin with a pause, a question, or a moment of gratitude. In the U.S., 70% of adults see themselves as spiritual or consider spirituality very important¹. 44% report deep spiritual peace and well-being at least once or twice a month¹. Another 44% look inward or center themselves mainly to feel connected¹. Start by noticing what matters to you. Next, try a quick reflection you can use today.

INSIDE THIS BOOK

You will try a simple reflection, explore useful ideas, and follow a starter plan. You will also see how spiritual habits can connect with wiser choices, stronger skills, and a more intentional daily life.

02

Try a Quiet Reset

You can try a short reflection today. The goal is not to force a feeling; it is to give your attention a calm place to land.

- ◆ Choose a quiet spot and set aside anything likely to pull your attention away.
- ◆ Take a few slow breaths, then notice your thoughts without judging or solving them.
- ◆ Write what matters today: a person, a value, a responsibility, or a hope.
- ◆ Name one thing you appreciate, then choose an action that reflects your values.

Give yourself a few minutes to pause and listen inward. You might pray, sit quietly, or write a few honest lines. If your mind wanders, return to this question: What deserves my care today? End by choosing an action you can take, such as offering thanks, listening closely, or making time for a conversation. Let the reflection lead you toward the ideas behind a lasting practice.

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You've read the free pages. Here's what the rest of this book covers:

3 What Spiritual Health Means

4 Build a Week of Practice

5 Put Your Values to Work

6 Carry the Practice Forward

BY THE END OF THIS SHELF, YOU WILL

- ◆ A simple reflection practice to try today
- ◆ Clear ideas about connection, purpose, and gratitude
- ◆ A starter plan you can adapt to daily life
- ◆ Ways to connect values with everyday choices
- ◆ A path into future Spiritual Health titles

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- 1 **Pew Research Center**, Spirituality Among Americans (December 7, 2023). <https://www.pewresearch.org/religion/2023/12/07/spirituality-among-americans/>