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Finding Spiritual Whitespace: Awakening Your Soul to Rest

By Bonnie Gray



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Running on empty with no time for rest, yourself, or God? Soulful author Bonnie Gray shows how to create spiritual whitespace in the everyday for God, refreshment, and faith—right in the midst of our stress-frayed lives. She guides you to discover a better story for yourself, one that feeds your soul and makes room for rest.



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Editorial Review

From the Back Cover

Move beyond Surviving to a Rejuvenating Place of Soul Rest

How many of us find ourselves running on empty with no time for rest, no time for ourselves, no time for God?

Bonnie Gray knows what that's like. On the brink of fulfilling a lifelong dream, she saw her plans shatter into a journey through painful memories and anxiety. In her search for answers, she made an important discovery: we all need *spiritual whitespace*.

Whitespace. It's the space on a page left unmarked. Untouched. Whitespace makes art beautiful. It gives the eye a place to rest. Just like beautiful art, our souls need balance and beauty.

With heartbreaking honesty, Bonnie guides you to discover a better story for yourself, one that feeds your soul and makes room for rest. Infused with biblical encouragement and thought-provoking prompts, this book shows us how to create space in the everyday for God, refreshment, and faith--right in the midst of our stress-frayed lives.

"Whitespace is soul grace. Bonnie Gray ushers weary women into the real possibility."--**Ann Voskamp**, *New York Times* bestselling author of *One Thousand Gifts*

"Women need this message. If you want to hear Jesus speak more tenderly to your soul than ever before, this is the book for you."--**Lysa TerKeurst**, *New York Times* bestselling author of *Unglued*

"We live in a culture that brags and boasts about being busy. Into that reality steps Bonnie with a new idea."--from the foreword by **Jon Acuff**, *New York Times* bestselling author of *Start*

Bonnie Gray is the soulful writer behind faithbarista.com, serving up shots of faith for the daily grind. Her work is featured on DaySpring (in)courage and nationally syndicated on Crosswalk.com. After graduating from UCLA, Bonnie served as a missionary, ministry entrepreneur, and Silicon Valley high-tech professional. She lives in Northern California with her husband, Eric, and their two sons.

REVIEWS & AWARDS

Named by *Crosswalk* as one of the Best Books for Christian Women in 2014

"This is a soul-stirring book that takes you on a journey to make space in life to nurture your heart with God and dream dreams in new ways. This book will give women permission to say yes to God, practical ways to say yes to rest and find the spark in their hearts again."--**Kelly Givens**, editor of iBelieve

"Gray, a popular blogger at Faith Barista, set out to fulfill her lifelong dream of writing a book. When she

began, however, repressed memories resurfaced and the book turned into a reluctant account of her journey through unrecognized post-traumatic stress. The author relates the heartbreaking childhood experiences that led to severe panic attacks, insomnia, and fear. Helping her through her confrontation with her own past are a supportive husband, a good therapist, and whitespace--places in her life like the blank areas of an artist's canvas--where she can rest and tend her soul. She offers intriguing insights into Scripture and on how God views his flawed but beloved creations. At each chapter's end, journaling prompts help readers identify areas where they need to create white space. More than just a memoir, this is an invitation to walk the difficult road to self-discovery and healing with a fellow traveler who understands. Learning how to identify stressors and eliminate emotional clutter will benefit anyone, not just those suffering from PTSD."--*Publishers Weekly*, starred review

About the Author

Bonnie Gray is the founder of Faith Barista, a contributor to Crosswalk.com, and a featured writer for DaySpring's popular (in)courage blog. Her writing is nationally syndicated and has been spotlighted in Christianity Today and McClatchy-Tribune News Ser

Users Review

From reader reviews:

Marie Daugherty:

Reading a book being new life style in this yr; every people loves to learn a book. When you read a book you can get a great deal of benefit. When you read publications, you can improve your knowledge, since book has a lot of information upon it. The information that you will get depend on what forms of book that you have read. If you wish to get information about your analysis, you can read education books, but if you act like you want to entertain yourself look for a fiction books, such us novel, comics, along with soon. The Finding Spiritual Whitespace: Awakening Your Soul to Rest offer you a new experience in reading a book.

Callie Allen:

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