



In a world that rewards constant activity and emotional exhaustion, *Selah: Prayers for Rest, Peace, and Emotional Wholeness* invites women to rediscover the sacred power of pause. Through deeply reflective, Scripture-rooted prayers, this book gently guides the heart back to God's presence where peace restores the soul and clarity replaces overwhelm. If your spirit longs for rest, *Selah* will lead you into the quiet strength that is found when a woman learns to pause, trust, and pray.

IDEAL FOR:

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