



## Crafting a Daily Practice: A Simple Course on Self-Commitment

*T. Thorn Coyle*

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## **Crafting a Daily Practice: A Simple Course on Self-Commitment Details**

Date : Published 2012 by Sunna Press

ISBN :

Author : T. Thorn Coyle

Format : Kindle Edition

Genre : Spirituality, Witchcraft, Nonfiction, Religion, Wicca, Paganism



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# From Reader Review Crafting a Daily Practice: A Simple Course on Self-Commitment for online ebook

## Lissalye says

This is a companion book to Kissing the Limitless: Deep Magic and the Great Work of Transforming Yourself and the World. I bought this book and read it first and I think that it would stand alone just fine. Since Crafting a Daily Practice was so helpful and enjoyable to read I purchased Kissing the Limitless which I am still reading and working through, also a good book. A distinction I would like to make between the two is that KTL contains more Féri Tradition content than this book and that is ok by me. I am spiritually eclectic and most closely follow a Buddhist path but I prefer to say that I have crafted my own tradition. These books have been a great help to me in giving me ideas, activities and direction but more importantly this book in particular raised questions for me that were invaluable.

The concepts here were communicated in what I thought was both a spiritual and sensible way. Neither of these books are written specifically for any particular religious path but for anyone interested in grounding, centering and coming into relationship with ones authentic self or as the author calls it self possession.

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## John Deltuvia says

Of course, having successfully avoided daily practice for longer than the author did, I don't expect to actually DO much of what's in the book for a while. But then who knows?

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## Sammy says

I will re-read this book several times...

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## Laura Cunha says

<https://leiturasdelaura.blogspot.com/...>

Essa autora eu descobri meio que por acaso pela Amazon, ela escreve romances e livros esotéricos (na linha Wicca mais ou menos). Coisas estranhas que aparecem por aí e de repente a gente se anima, sabe?

Então, ainda não li nenhum romance dela, mas eles são bem cotados na Amazon americana, e por curiosidade, e porque o conteúdo me pareceu interessante, acabei comprando esse aqui.

Crafting a daily practice promete uma espécie de curso express sobre como criar e manter uma prática espiritual diária. Como eu bem gosto desse tipo de coisa resolvi ver qual é a do livro. E ele entrega exatamente o que promete.

O livro é extremamente curto e resumido, o que é interessante na hora de colocar em prática as ideias propostas. As ideias também são interessantes e eu gostei especialmente de algumas meditações sugeridas

pela autora.

Mas, sempre tem um mas, ao ler o livro descobri que a T. Thorn Coyle tem outro livro sobre o mesmo assunto, e o outro livro parece ser bem mais completo e profundo. O outro livro em questão é citado com tanta precisão que vem até a localização do kindle dos capítulos sugeridos como leitura complementar.

Detalhe: essas leituras complementares incluem apenas esse outro livro da autora, não tem nenhuma indicação de outras leituras.

Confesso que achei uma afronta.

Compensada pelo fato que curti bastante o livro de forma geral. Tanto que já procurei o tal outro livro e coloquei na minha wishlist para esperar ele entrar em promoção. Eu passo vergonha, mas sou sincera.

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### **Silas says**

This was not quite what I had expected. It is an eight week course on trying several kinds of meditation, and getting a habit established. To that end, it provides some encouragement, some suggested readings from her other book (which I did not have, so I can't comment), and a weekly schedule to keep things from getting stale. For someone who needs that, it would be excellent. Since I am a long time mediator, it was less relevant for me. I had thought it would have been a not more in depth about which elements to include in a daily practice, but the book was rather hands off about that matter. Still, a very good meditation primer, but with some language that would put off someone who was likely to need a beginning meditation primer.

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### **Adriane says**

#### **Excellent guideline**

I will definitely get more books by T. Thorn and will revisit this book while reading *Kissing the limitless*. I think it will be even more engrossing with the supplemental material. I highly recommend this for anyone looking to start a regular spiritual practice. *Thoughts* is steeped in the Feri tradition I feel it can be adapted to any belief system or tradition as a valuable guide to self awareness and being fully present.

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### **Katie says**

If one is familiar with Coyle's body of work, there's nothing new here. However, the concise format and precise calendar are a helpful distillation of core practice. For someone like me, who flails around with a hit or miss schedule, having something right in front of me with a timeline is extremely helpful.

I think reading this has brought my practice into stronger focus, with an emphasis on my daily needs and building a strong foundation before diving into larger projects.

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## **Dearwassily says**

A quick, no-nonsense guide to easing into a dedicated, daily spiritual practice.

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## **Steven says**

Fantastic, and insanely helpful.

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## **Julia Erle says**

Review crafting a daily practice

I loved this book like all the other spiritual books from Thorn Coyle

The book explains why a daily practice is important. It is a step by step guide for those who do not know how to get into practicing daily and gives good advice on how to start small and build a practice over time. The book is a good companion that helps to move through the obstacles that may arise and gives ideas and tools for working through ones own resistance. It motivates to observe ourselves so we learn to differentiate between what is our resistance and when something in us really saying this is not good for me. Basically we learn how stop making excuses because we feel discomfort..

I am doing daily practice during several years now and the book gave my motivation to continue practicing a big boost. Reading it reminded me big time why I am doing my daily practice. I know, but sometimes it is good to be reminded. It gave me lots of ideas on how to deepen my practice, take it a bit further and add a few practices to it which I have known would benefit me which I have been avoiding.

I received an advance copy of this book

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## **Victoria Emslie says**

Valuable information for crafting a daily practice. The basic concepts can be applied to any spiritual path. Coyle has an easy writing style to understand.

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