



Tending the Soul: 90 Days of Spiritual Nourishment

Anita Lustrea, Melinda Schmidt, Lori Neff

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Every day, tens of thousands of women turn to *Midday Connection* for spiritual nourishment and encouragement through the radio program and Facebook community. The hosts, Anita Lustrea, Melinda Schmidt and Lori Neff hear the heartfelt needs of these women and understand their desires to grow in body, mind, and soul.

In response, *Midday Connection* along with prominent authors and artists – Staci Eldridge, Shannon Ethridge, Carol Kent, Sara Groves and many others – compiled *Tending the Soul: 90-days of Spiritual Nourishment*.

This devotional combines transparency with biblical truth, as each reading begins with scripture, followed by a short devotional including a deeply personal prayer, and closes with an application question.

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