



Hand Wash Cold: Care Instructions for an Ordinary Life

Karen Maezen Miller

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It's easy to think that meaning, fulfillment, and bliss are "out there," somewhere outside of our daily routine. But in this playful yet profound reflection on awareness, the compelling voice of a contemporary woman reveals the happiness at the bottom of the laundry basket, the love in the kitchen sink, and the peace possible in one's own backyard. Follow Karen Maezen Miller through youthful ambition and self-absorption, beyond a broken marriage, and into the steady calm of a so-called ordinary life. In her hands, household chores and caregiving tasks become opportunities for self-examination, lessons in relationship, and liberating moments of selflessness. With attention, it's the little things — even the unexpected, unpleasant, and unwanted things — that count.

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