



# Listening Below the Noise: A Meditation on the Practice of Silence

*Anne D. LeClaire*

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“*Listening Below the Noise* offers readers the possibility of finding grace and peace in the natural world and in ourselves. Elegant and honest... one of those rare books that finds its way into our hearts, and stays there.”

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A meditation on silence, the art of being present, and simple spirituality from critically acclaimed novelist Anne D. LeClaire (*Entering Normal*, *The Lavender Hour*), *Listening Below the Noise* offers a practical path to achieving calm, peaceful solitude in hectic lives. Practitioners of yoga and meditation of various traditions have long known the curative powers of stillness; in *Listening Below the Noise*, LeClaire offers her own unique, compelling version of this ancient wisdom tradition.

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