



# Return to the Sea: Reflections on Anne Morrow Lindbergh's Gift from the Sea

*Anne M. Johnson, Reeve Lindbergh*

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In 1955, Anne Morrow Lindbergh published her timeless book of reflections, *Gift from the Sea*. This perennial favorite used the metaphor of seashells to explore the inner spiritual path, gently guiding readers to practice simplifying, quieting, shedding, and centering in a too-frantic world. Two generations later, in a far more fast-paced world, Anne M. Johnson asks women to discover the beauty and meaning of Lindbergh's timeless "shells" all over again. In *Return to the Sea*, she uses experiences from her own spiritual journey — as a busy mother, career woman, and therapist — to offer a renewed vision of ways to create intentional space in our lives for personal and spiritual growth. Shell illustrations, along with centering exercises, meditations, and journal-writing exercises, enhance each chapter's reflections on Lindbergh's original "shell" passages. Readers who loved *Gift from the Sea* the first time — and women who have yet to be introduced — welcome these reflections in a beautiful new gift edition.

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