

Get Free Breathing Under
Water: Spirituality And The
Twelve Steps

Breathing Under Water: Spirituality And The Twelve Steps

Don't miss this timely
contemporary young adult

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novel from Alex Flinn, the
#1 New York Times
bestselling author of
Beastly, about a teenage
boy's struggle to break free
from the cycle of abuse.

"Gripping." —Publishers
Weekly Intelligent, popular,

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handsome, and wealthy, sixteen-year-old Nick Andreas is pretty much perfect—on the outside, at least. What no one knows—not even his best friend—is the terror and anger that Nick faces every time he is alone

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with his father. Then he and Caitlin fall in love, and Nick thinks his problems are over. Caitlin is the one person he can confide in, the only person who understands him. But when Nick's anger and jealousy

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overtake him, things begin to spiral out of control and Nick realizes that he's more his father's son than he wants to be. Now Nick must confront his inner demons to stop the history of violence from repeating itself.

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Winner of the Black-Eyed
Susan Award An ALA Top 10
Best Book for Young Adults
An International Reading
Association Young Adult
Choices List Pick A New York
Public Library Book for the
Teen Age Pick

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Do Christians need recovery?
Or is recovery something
needed by the church itself?
Addiction--whether to a
substance or to a
behavior--is a problem
within faith communities,
just like it is everywhere

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else. But because churches are rarely experienced as safe places for dealing with addicting, co-addiction, or the legacy of family dysfunction, Christians tend to seek recovery from these conditions in Twelve-Step

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fellowships. Once they become accustomed to the ethos of vulnerability, acceptance, and healing that these fellowships provide, however, they are often left feeling that the church has failed them, with many

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asking: why can't church be more like an AA meeting? Inspired by his own quest to find in church the sort of mutual support and healing he discovered in Twelve-Step fellowships, Stephen Haynes explores the history of

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Alcoholics Anonymous and its relationship to American Christianity. He shows that, while AA eventually separated from the Christian parachurch movement out of which it emerged, it retained aspects of

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Christian experience that the church itself has largely lost: comfort with brokenness and vulnerability, an emphasis on honesty and transparency, and suspicion toward claims to piety and respectability.

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Haynes encourages Christians to reclaim these distinctive elements of the Twelve-Step movement in the process of "recovering church." He argues that this process must begin with he calls "Step 0," which, as he knows

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from personal experience,
can be the hardest step: the
admission that, despite
appearances, we are not
fine.

"A fresh way of thinking
about spirituality that
grows throughout life. In

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Falling Upward, Fr. Richard Rohr seeks to help readers understand the tasks of the two halves of life and to show them that those who have fallen, failed, or "gone down" are the only ones who understand "up."

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Most of us tend to think of the second half of life as largely about getting old, dealing with health issues, and letting go of life, but the whole thesis of this book is exactly the opposite.? What looks like

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falling down can largely be experienced as "falling upward."? In fact, it is not a loss but somehow actually a gain, as we have all seen with elders who?have come to their fullness.?? Explains why the second half of life

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can and should be full of
spiritual richness Offers a
new view of how spiritual
growth happens loss is gain
Richard Rohr is a regular
contributing writer for
Sojourners and Tikkun
magazines This important

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book explores the counterintuitive message that we grow spiritually much more by doing wrong than by doing right."--

"Portions of this working original appeared in The Universal Christ, copyright

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Breathing Under Water
The Universal Christ
Daily Meditations for Advent
Minding the Earth, Mending
the World

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The Trinity and your
transformation

The Naked Now

The Divine Dance

***"In Peace Love Yoga, Jain
analyses growing
spiritual industries and***

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***their coherence with
neoliberal capitalism.
"Personal growth," "self-
care," and
"transformation" are just
some of the generative
tropes in the narrative of***

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***these industries. Jain
illuminates the power
dynamics underlying
what she calls neoliberal
spirituality, illustrating
how spiritual
commodities are rooted***

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***in concerns about
deviancy, not only in the
form of low productivity
but also forms of social
deviancy. Jain, however,
does not just offer one
more voice bemoaning***

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***the commodification of
spirituality as a numbing
device through which
consumers ignore the
problems of neoliberal
capitalism or as the
corruption or loss of***

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"authentic" religious forms. Instead, she asks what we should make of subversive spiritual discourses that call on adherents to think beyond the individual and

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***even out into the
environment, claims to
counter the problems of
unbridled capitalism with
charitable giving or
"conscious capitalism,"
challenges to the***

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***imperialism behind the
appropriation and
commodification of
products from yoga to
mindfulness, calls for
women's empowerment,
and efforts to greenwash***

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***commodities, making
them more
environmentally
"friendly" or
"sustainable." Rather
than a mode through
which consumers ignore,***

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***escape, or are numbed to
the problems of
neoliberal capitalism,
many spiritual
commodities,
corporations, and
entrepreneurs, Jain***

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***suggests, do actually
acknowledge those
problems and, in fact,
subvert them; but they
subvert them through
mere gestures. From
provocative taglines***

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***printed across t-shirts or
packaging to calls for
"conscious capitalism,"
commodification serves
as a strategy through
which subversion itself is
contained"--***

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***With over 100 Five-Star
Reviews, Unbeatable
Mind (2nd Edition) has
deeply impacted the lives
of thousands of people
seeking strength in their
thinking, mental-state,***

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***and self-development
with a curated package of
tools and techniques not
easily found anywhere
else. In this revised and
updated version of
Unbeatable Mind (3rd***

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***Edition), Mark Divine
offers his philosophy and
methods for developing
maximum potential
through integrated
warrior development.
This work was created***

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***through trial and error
proving to thousands of
clients that they are
capable of twenty times
more than what they
believe. The powerful
principles for forging***

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***deep character, mental
toughness and an elite
team provided in this
book are the foundation
of the Unbeatable Mind
'working in' program of
Divine's SEALFIT***

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***Academies and renowned
Kokoro Camp. They are
being employed by a
growing number of
coaches, professors,
therapists, doctors and
business professionals***

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***worldwide. > Commander
Divine is a retired Navy
SEAL and human
performance expert who
works with elite military,
sport and corporate
teams, SEAL / SOF***

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***candidates and others
seeking to maximize their
potential, leading to
more balanced success
and happiness. The
training is leading to
breakthroughs in all***

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***walks of life and and
cultivating a robust
community of
practitioners. > This book
will specifically help you
develop: > Mental clarity-
to make better decisions***

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***while under pressure. >
Concentration - to focus
on the mission until
victory is assured. >
Awareness - to be more
sensitive to your internal
and external radar. >***

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***Leadership authenticity -
to be a heart-centered
leader and service
oriented teammate. >
Intuition - to learn to
trust your gut and use
mental imagery to your***

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***advantage. > Offensive
"sheepdog" mindset - to
avoid danger and stay
one step ahead of the
competition or enemy. >
Warrior spirit - to deepen
your willpower, intention***

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***and connection with your
spiritual self.***

***Advent is not about a
sentimental waiting for
the Baby Jesus --Richard
Rohr Advent is a time to
focus our expectation and***

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***anticipation on the adult
Christ, the Cosmic Christ,
who challenges us to
empty ourselves, to lose
ourselves, to surrender.
Preparing for Christmas
offers daily meditations,***

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prayers, Scripture readings, and questions for reflection for each day of Advent.

Francis of Assisi is one of the most beloved of all saints. Both traditional

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***and entirely
revolutionary, he was a
paradox. He was at once
down to earth and
reaching toward heaven,
grounded in the rich
history of the Church***

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***while moving toward a
new understanding of the
world beyond. Globally
recognized as an
ecumenical teacher,
Richard Rohr started
out—and remains—a***

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Franciscan friar. The loving, inclusive life and preaching of Francis of Assisi make him a recognizable and beloved saint across many faith traditions. He was, as

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***Rohr notes, “a master of
‘making room for it’ and
letting go of that which
was tired or empty.”
Francis found an
“alternative way” to
follow Jesus, one that***

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***disregarded power and
privilege and held fast to
the narrow path of the
Gospel. Rohr helps us
look beyond the birdbath
image of the saint to
remind us of the long***

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***tradition founded on his
revolutionary, radical,
and life-changing
embrace of the teachings
of Jesus. Rohr draws on
Scripture, insights from
psychology, and literary***

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***and artistic references, to
weave together an
understanding of the
tradition as first
practiced by St. Francis.
Rohr shows how his own
innovative theology is***

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***firmly grounded in the
life and teaching of this
great saint and provides
a perspective on how his
alternative path to the
divine can deepen and
enrich our spiritual lives.***

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***The audio edition of this
book can be downloaded
via Audible.***

***The Gift of Contemplative
Prayer***

***On the care of the
common home***

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Scripture as Spirituality
Just Breathe
Spiritual Care for
Children Living in
Specialized Settings
The Politics of Global
Spirituality

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Unbeatable Mind

Laudato Si 'is Pope Francis' second encyclical which focuses on the theme of the environment. In fact, the Holy Father in his encyclical urges all men and women of good will, the rulers and all the powerful on earth to

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reflect deeply on the theme of the environment and the care of our planet. This is our common home, we must take care of it and love it - the Holy Father tells us - because its end is also ours.

Do you understand what

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*institutionalized children really need?
Spiritual Care for Children Living in
Specialized Settings: Breathing
Underwater offers social service
staff, child care workers, and youth
ministers techniques and methods to
create a common language and*

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framework for interventions with children and teens in care facilities. This unique resource will help you design spiritual care programs that will foster good communication and spiritual growth. Spiritual Care for Children Living in Specialized Settings

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provides you with insights into the dynamics of spirituality and offers practical ways of creating a spiritually nurturing environment for children and teens in a variety of settings. Spiritual Care for Children Living in Specialized Settings offers social

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service staff, child care workers, and youth ministers tips and suggestions for implementing spiritual care in your youth care setting, such as: using principles from different religions to teach children about suffering and spiritual growth examining aspects of

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American culture that support or hinder spiritual growth understanding the condition of spiritual brokenness that often occurs in children living in specialized settings exploring recommendations from children and teens that reveal what helps them gain

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spiritual growth Informative and compelling, Spiritual Care for Children Living in Specialized Settings: Breathing Underwater provides you with resources for learning about a variety of religions to best relate to children in need. This

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wonderful resource provides you with answers to commonly asked questions to help you promote spirituality and give guidance through understanding and caring. Use it to improve the emotional well-being and quality of life of the children you work with!

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Yes, and...is an excellent daily prayer resource for fans of Richard Rohr's work, and those who are looking for an alternate way to live out their faith--a way centered in the open-minded search for spiritual relevance of a transforming nature. This

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perennial book features daily meditations, each written by Rohr and adapted or excerpted from his many written and recorded works.

This work presents a brief treatment of baptism in the New Testament and the author's personal conception of

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the sacrament as a divine-human symbol. The most significant element of New Testament teaching on baptism is the emphasis on the principal agents: God/Father, Son/Christ and Spirit. Any satisfactory conception of the Christian sacrament must take into

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account the roles of the Three.

*William A. Van Roo is a Jesuit of the
Wisconsin Province in the U.S.A: . He
was a professor of theology in
Gregorian University from 1951 to
1985 then professor emeritus
Wondrous Encounters*

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*Learning to See as the Mystics See
Designed by God*

*Spirituality And The Twelve Steps
Falling Upward*

Breath Prayer

Everything Belongs

I Am Not Perfect is a simple

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*statement of profound truth,
the first step toward
understanding the human
condition, for to deny your
essential imperfection is to
deny yourself and your own
humanity. The spirituality
of imperfection, steeped in*

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the rich traditions of the Hebrew prophets and Greek thinkers, Buddhist sages and Christian disciples, is a message as timeless as it is timely. This insightful work draws on the wisdom stories of the ages to provide an

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extraordinary wellspring of hope and inspiration to anyone thirsting for spiritual growth and guidance in these troubled times. Who are we? Why so we so often fall short of our goals for ourselves and

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others? By seeking to understand our limitations and accept the inevitability of failure and pain, we begin to ease the hurt and move toward a greater sense of serenity and self-awareness. The Spirituality Of

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Imperfection brings together stories from many spiritual and philosophical paths, weaving past traditions into a spirituality and a new way of thinking and living that works today. It speaks so anyone who yearns to find

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*meaning within suffering.
Beyond theory and technique,
inside this remarkable book
you will find a new way of
thinking, a way of living
that enables a truly human
existence.
The author invites readers*

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*to be faithful, to turn to
God, to reform their hearts
and lives and to call their
culture and Church to
radical transformation, in a
collection of 408
meditations that spans two
decades and combines*

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*reflections from the
author's popular lectures
and published and
unpublished writings.*

Reprint.

*Dissolve the distractions of
ego to find our authentic
selves in God In his*

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bestselling book *Falling Upward*, Richard Rohr talked about ego (or the False Self) and how it gets in the way of spiritual maturity. But if there's a False Self, is there also a True Self? What is it? How is it found?

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Why does it matter? And what does it have to do with the spiritual journey? This book likens True Self to a diamond, buried deep within us, formed under the intense pressure of our lives, that must be searched for,

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*uncovered, separated from
all the debris of ego that
surrounds it. In a sense
True Self must, like Jesus,
be resurrected, and that
process is not resuscitation
but transformation. Shows
how to navigate spiritually*

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*difficult terrain with clear
vision and tools to uncover
our True Selves Written by
Father Richard Rohr, the
bestselling author of
Falling Upward Examines the
fundamental issues of who we
are and helps us on our path*

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*of spiritual maturity
Immortal Diamond (whose
title is taken from a line
in a Gerard Manley Hopkins
poem) explores the deepest
questions of identity,
spirituality, and meaning in
Richard Rohr's inimitable*

Get Free Breathing Under Water: Spirituality And The Twelve Steps style.

Chocolate is a book that celebrates diversity, and beauty as they were both ordained by God. It is interesting, uplifting, encouraging, and edifying. And, it brings glory to God.

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RECOVERY 2.0

Hope Against Darkness

***The Spirituality of
Imperfection***

Portraits in Faith

The Search for Our True Self

***How a Forgotten Reality Can
Change Everything We See,***

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Hope For, and Believe Breathing Underwater

The Trinity is supposed to be the central, foundational doctrine of our entire Christian belief system, yet we're often told that we shouldn't attempt to understand it because it

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a 'mystery'. Should we presume to try to breach this mystery? If we could, how would it transform our relationship with God and renew our lives? The word Trinity is not found in the New Testament—it wasn't until the third century that

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early Christian father Tertullian coined it—but the idea of Father, Son, and Holy Spirit was present in Jesus' life and teachings and from the very beginning of the Christian experience. In the pages of this book, internationally recognized

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teacher Richard Rohr circles around this most paradoxical idea as he explores the nature of God—circling around being an apt metaphor for this mystery we're trying to apprehend. Early Christians who came to be known as the 'Desert

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Mothers and Fathers' applied the Greek verb perichoresis to the mystery of the Trinity. The best translation of this odd-sounding word is dancing. Our word choreography comes from the same root. Although these early

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Christians gave us some highly conceptualized thinking on the life of the Trinity, the best they could say, again and again, was, Whatever is going on in God is a flow—it's like a dance. But God is not a dancer—He is the dance itself. That

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idea might sound novel, but it is about as traditional as you can get. God is the dance itself, and He invites you to be a part of that dance. Are you ready to join in?
A Junior Library Guild Selection
"In Breathing Underwater, Sarah

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Allen has created characters so alive and compelling that readers will root for them every mile of this moving, heartfelt journey." —Dan Gemeinhart, author of The Remarkable Journey of Coyote Sunrise A sparkly, moving middle

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grade novel from Sarah Allen, and a big-hearted exploration of sisterhood, dreams, and what it means to be there for someone you love. Olivia is on the road trip of her dreams, with her trusty camera and her big sister Ruth by her side.

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Three years ago, before their family moved from California to Tennessee, Olivia and Ruth buried a time capsule on their favorite beach. Now, they're taking an RV back across the country to uncover the memories they left behind. But

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Ruth's depression has been getting worse, so Olivia has created a plan to help her remember how life used to be: a makeshift scavenger hunt across the country, like pirates hunting for treasure, taking pictures and making memories along the

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way. All she wants is to take the picture that makes her sister smile. But what if things can never go back to how they used to be? What if they never find the treasure they're seeking? Through all the questions, loving her sister, not changing her,

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is all Olivia can do—and maybe it's enough.

The Twelve Steps of Alcoholics Anonymous is Americas most significant and authentic contribution to the history of spirituality, says Richard Rohr. He

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makes a case that the Twelve Steps relate well to Christian teaching and can rescue people who are drowning in addiction and may not even realize it. To survive the tidal wave of compulsive behavior and addiction, Christians must learn to

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breathe under water and discover Gods love and compassion. In this exploration of Twelve Step spirituality, Rohr identifies the Christian principles in the Twelve Steps, connecting The Big Book of Alcoholics Anonymous with the

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gospel. He draws on talks he has given for over twenty years to people in recovery and those who counsel and live with people with addictive behavior. Rohr offers encouragement for becoming interiorly alive and inspiration for

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making ones life manageable for dealing with the codependence and dysfunction (sin) rampant in our society.

For 15 years, Daniel Epstein, a Marketing Director at one of the world's largest corporations,

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Procter & Gamble, traveled the world for business and for faith. Motivated by his own search to fill the "God-sized hole" in his life, he did not know where it would lead. He felt that if he did not develop some type of spiritual faith he would

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die. Born and raised a Jew, Daniel's challenges with relationships, work, and "life" forced him at age 36 to get on his knees and pray to a God he did not know, a higher power not specific to either his own Judaism or any religion, and ask for help. In

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order to keep his new found sense of faith alive and to gain from the experience of others, Daniel created a spiritual exercise out of interviewing people around the world about the role of faith in their lives. As a photographer, Daniel

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also captured a moment with each person in a black and white portrait meant to evoke their true spirit. In 2012, Daniel launched Portraits on Faith online as the largest documentary project on faith ever compiled by a single person. Over

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100 of the 500 portraits shot have been published from 27 countries, which have been viewed over 300,000 times by people around the world. As a culmination of all the work that has to this moment, Daniel is publishing the first volume

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of Portraits in Faith, which include over 100 portraits, quotes, and reflections on faith from people spanning the world, from over 40 faith traditions and denominations.

The Christian Sacrament

The Wise Advocate

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From Wild Man to Wise Man
Eager to Love
And Other Questions Christians Ask
about Recovery
Daily Meditations by Richard Rohr
Storytelling and the Search for
Meaning

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"The feeling was electric-energy humming through my body. I felt like blood was pouring into areas of my tissues that it had not been able to reach for some time. It was relieving and healing, subtler than the feeling from getting off on drugs, but it was detectable and lovely, and of course, there was no hangover, just a feeling of

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more ease than I could remember. I felt a warmth come over me similar to what I felt when I had done heroin, but far from the darkness of that insanity, this was pure light-a way through." - Tommy Rosen, on his first yoga experience

Most of us deal with addiction in some form. While you may not be a fall-down drunk, anorexic, or

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a gambling addict, you likely struggle with addiction in other ways. Workaholism, overeating, and compulsively engaging with technology like video games, texting, and Facebook are also highly common examples. And if you don't suffer from addiction, chances are you know someone who does. Through more than 20 years of

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recovery and in working professionally with others, Tommy Rosen has uncovered core elements of recovery and healing, what he refers to as Recovery 2.0. In the book, he shares his own past struggles with addiction, and powerful, tested tools for breaking free from the obstacles that stand in the way of a holistic and lasting

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recovery. Building off the key tenets of the 12-Step program, he has developed an innovative approach that includes • Looking at the roots of addiction; your family history and "Addiction Story" • Daily breathing practices, meditation, yoga, and body awareness • A healthy, alkaline-based diet to aid with detox,

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boost immunity, increase vitality, support your entire recovery, and help prevent relapse • Discovering your mission, living on purpose, and being of service to others Recovery 2.0 will help readers not only release their addictions, but thrive in their recovery.

A valuable new companion journal to the

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bestselling Breathing Under Water! We are all addicted to something, according to Franciscan Father Richard Rohr. This Companion Journal can help you work your way through the wisdom of the twelve-step program as outlined in Breathing Under Water, so you may determine the source of, and solution for, your own

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addictions. Containing reflections, discussion questions and room to write notes, the Journal encourages you to explore the process in a way that's relevant and meaningful for you. 'A must-read for any person who recognizes the need to go "inward" on their soul's journey to question what their relationship

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*is with God, themselves, and others.' The
Cord 'Richard Rohr continues to guide us
to greater wholeness . . . his books have
helped countless souls, especially those
who struggle with issues of brokenness
and seek transformation.' National
Catholic Reporter*

An anthology dedicated to contemporary

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Black South African feminist writing influential to today's scholars and radical thinkers Surfacing: On Being Black and Feminist in South Africa is the first collection dedicated to contemporary Black South African feminist perspectives. Leading feminist theorist, Desiree Lewis, and poet and feminist scholar, Gabeba

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Baderoon, have curated contributions by some of the finest writers and thought leaders into an essential resource. Radical polemic sits side by side with personal essays, and critical theory coexists with rich and stirring life histories. The collection demonstrates a dazzling range of feminist voices from established

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scholars and authors to emerging thinkers, activists and creative practitioners. The writers within these pages use creative expression, photography and poetry in eclectic, interdisciplinary ways to unearth and interrogate representations of blackness, sexuality, girlhood, history, divinity, and other themes. Surfacing asks:

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what do the African feminist traditions that exist outside the canon look and feel like? What complex cultural logics are at work outside the centers of power? How do spirituality and feminism influence each other? What are the histories and experiences of queer Africans? What imaginative forms can feminist activism

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take? Surfacing is indispensable to anyone interested in feminism from Africa, which its contributors show in vivid and challenging conversation with the rest of the world. It will appeal to a diverse audience of students, activists, critical thinkers, academics and artists.

NEW YORK TIMES BESTSELLER • From

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one of the world's most influential spiritual thinkers, a long-awaited book exploring what it means that Jesus was called "Christ," and how this forgotten truth can restore hope and meaning to our lives. "Anyone who strives to put their faith into action will find encouragement and inspiration in the pages of this

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book.”—Melinda Gates In his decades as a globally recognized teacher, Richard Rohr has helped millions realize what is at stake in matters of faith and spirituality. Yet Rohr has never written on the most perennially talked about topic in Christianity: Jesus. Most know who Jesus was, but who was Christ? Is the word

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simply Jesus's last name? Too often, Rohr writes, our understandings have been limited by culture, religious debate, and the human tendency to put ourselves at the center. Drawing on scripture, history, and spiritual practice, Rohr articulates a transformative view of Jesus Christ as a portrait of God's constant, unfolding work

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in the world. “God loves things by becoming them,” he writes, and Jesus’s life was meant to declare that humanity has never been separate from God—except by its own negative choice. When we recover this fundamental truth, faith becomes less about proving Jesus was God, and more about learning to

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recognize the Creator's presence all around us, and in everyone we meet. Thought-provoking, practical, and full of deep hope and vision, The Universal Christ is a landmark book from one of our most beloved spiritual writers, and an invitation to contemplate how God liberates and loves all that is.

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Mastering Breathwork

The Wisdom Pattern

Surfacing

Spirituality and the Twelve Steps

The Inner Voice of Strategic Leadership

Coral Castles

Order, Disorder, Reorder

Richard Rohr is a modern

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**prophet calling us to
change our ways. Rohr
paints a critical picture of
the prevailing thought,
culture and attitudes of
the present-day West
which he calls The**

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**Postmodern Opportunity
including our cultural
biases, our embrace of
victimhood, our often
fearful attitudes toward
one another and toward
the Church and religion in**

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**general. Rohr offers hope
in introducing the
Franciscan path of
transformation, the new
way of being that would
change the face of
history.**

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Rohr's meditations on the daily readings of Lent are not for the sake of mere information, or even for academia (although the author hopes it will satisfy both), but for the

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**sake of our
transformation into our
original "image and
likeness," which is the
very image of God. What
always and finally
matters for all of us is**

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**encounter! Father Rohr
begins each meditation
with a single title or
phrase that sums up the
point. Then he offers the
meditation followed by
key passages from the**

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**readings. He ends each
meditation with a Starter
Prayer that invites you to
self-disclosure and to
enter the wondrous
divine dialogue with
clarity, insight—and holy**

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desire! "There are two moments that matter. One is when you know that your one and only life is absolutely valuable and alive. The other is when you know your life,

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as presently lived, is entirely pointless and empty. You need both of them to keep you going in the right direction. Lent is about both. The first such moment gives

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**you energy and joy by
connecting you with your
ultimate Source and
Ground. The second gives
you limits and
boundaries, and a proper
humility, so you keep**

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**seeking the Source and
Ground and not just your
small self."—From the
Introduction
Using Zen parables and
personal experiences,
Rohr leads readers**

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**beyond the techniques of
prayer to a place where
they can receive the gift
of contemplation--and
know that everything
belongs.**

A revised and updated

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**edition of the author's
earlier best-seller, The
Wild Man's Journey:
Reflections on Male
Spirituality adds three
chapters that discuss
John the Baptist, Saint**

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**Paul and grief. Original.
Preparing for Christmas
The Companion Journal
Daily Meditations
Breathing Under Water
Companion Journal
Scripture for Lent**

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Reflections on Male Spirituality Peace Love Yoga

*Discover how reading the
Bible can change your
life. The Bible is meant
to be about*

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*transformation, not merely
information. In Things
Hidden, Richard Rohr
invites you to experience
Scripture as
spirituality—as a living
text that can breathe new*

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*life into your
relationship with God and
change your way of seeing
the world. Diving deep
into topics like morality,
power, and wisdom, Rohr
paints a picture of a*

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biblical God who is grace-filled and abundant, and who calls us to be fully alive. Things Hidden will invigorate your relationship with the Bible and leave you

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*feeling nourished,
hopeful, and better able
to embody a Christ-
centered spirituality.
Drawn from the Gospels,
Jesus, Paul, and the great
Christian contemplatives,*

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*this examination reveals
how many of the hidden
truths of Christianity
have been misunderstood or
lost and how to read them
with the eyes of the
mystics rather than*

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*interpreting them through
rational thought.*

TENTH ANNIVERSARY EDITION

*“Brother Rohr may just
take you to places you’ve
both avoided and longed
for, to truth, union, joy,*

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*laughter, and, greatest of
all, to your own precious
self, here on earth with
us, child of God.”—Anne
Lamott, from the foreword
We all suffer from
unhealthy dependencies*

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that we continually return to in hopes of having a better life. But after yet another TV show is streamed or another drink is swallowed, we find we once again feel worse, not

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*better, than we did
before. Where is the hope
for that fully awakened
life we long to live?
World-renowned author
Richard Rohr says we can
only be healed and find*

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*true fulfillment by facing
our dependencies head-on.
In Breathing Under Water
he will guide you to:
Disentangle from cultural
cycles of sin and
emptiness Discover how to*

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*get free from your
personal toxic
dependencies Learn how the
Twelve Step program can
supplement Christian
teaching Find compassion
for others and yourself*

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*Enjoy a deeper spiritual
life, feeling certain of
God's love for you Those
who are ready to break
negative patterns and
experience greater
internal freedom will find*

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*bold hope and
transformation in this
insightful book.*

*We are all addicted in
some way. When we learn to
identify our addiction,
embrace our brokenness,*

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and surrender to God, we begin to bring healing to ourselves and our world. In Breathing Under Water, Richard Rohr shows how the gospel principles in the Twelve Steps can free

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*anyone from addiction -
from an obvious dependence
on alcohol or drugs to the
more common but less
visible addiction that we
all have to sin. 'A must-
read for any person who*

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*recognizes the need to go
“inward” on their soul’s
journey to question what
their relationship is with
God, themselves, and
others.’ The Cord ‘Rohr is
a perfect writer on the*

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*subject of the 12 Steps.
His easy-to-read book is
essentially a commentary
on each of the steps, with
twelve chapters and a
postscript that concisely
tackles the big religious*

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questions of human suffering, suffering with which addicts and their families are intimately acquainted. Jesus, Rohr answers, is no stranger to suffering . . . This is a

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*good book for those in
recovery from addiction
and those who love them.
Publishers Weekly 'Richard
Rohr continues to guide us
to greater wholeness . . .
his books have helped*

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*countless souls,
especially those who
struggle with issues of
brokenness and seek
transformation.’ National
Catholic Reporter
An Ancient Practice for*

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the Everyday Sacred

Radical Grace

Things Hidden

Yes, And...

Immortal Diamond

The Alternative Way of

Francis of Assisi

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Chocolate

Hailed by Tony Robbins as
the “definitive breathwork
handbook,” Just Breathe will
teach you how to harness
your breath to reduce
stress, increase
productivity, balance your

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health, and find the path to spiritual awakening. Big meeting jitters? Anxiety over a test or taxes? Hard time focusing? What if you could control your outcomes and change results simply by regulating your breath? In

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this simple and
revolutionary guide, world-
renowned pioneer of
breathwork Dan Brulé shares
the Breath Mastery technique
that has helped people in
more than fifty countries
reduce anxiety, improve

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their health, and tap
infinite stores of energy.
Just Breathe reveals the
truth that elite athletes,
champion martial artists,
Navy SEAL warriors, first
responders, and spiritual
yogis have always known—when

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you regulate your breathing,
you can moderate your state
of well-being. So if you
want to clear and calm your
mind and spark peak
performance, the secret is
just a breath away.

Breathwork gives you the

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tools to achieve benefits in
a wide range of issues
including: managing
acute/chronic pain; helping
with insomnia, weight loss,
attention deficit, anxiety,
depression, trauma, and
grief; improving intuition,

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creativity, mindfulness,
self-esteem, and leadership;
and much more. Recommended
“for those who wish to
destress naturally” (Library
Journal), Just Breathe will
help you utilize your breath
to benefit your body, mind,

Get Free Breathing Under Water: Spirituality And The Twelve Steps and spirit.

Shunryu Suzuki Roshi founded the San Francisco Zen Center in 1962, and after fifty years we have seen a fine group of Zen masters trained in the west take up the mantle and extend the

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practice of Zen in ways that might have been hard to imagine in those first early years. Susan Murphy, one of Robert Aitken's students and dharma heirs, is one of the finest in this group of young Zen teachers. She is

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also a fine writer, and following on the teaching of her Roshi she has engaged her spiritual work in the ordinary world, dealing with the practice of daily life and with the struggles of all beings. We know that our

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earth is in crisis, but is the situation beyond repair? Are we on a path of planetary disaster where the only proper response is to prepare for our melancholic dystopian future? Is there a way out of our suspicious

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cynicism? In the tradition of Thomas Berry, using this spiritual opportunity to change the very nature of our crisis, Susan Murphy offers a profound message, subtly presented with clarity and assurance,

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showing that engaged
Buddhism provides a possible
path to the necessary repair
and healing.

The Twelve Steps of
Alcoholics Anonymous is
America's most significant
and authentic contribution

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to the history of spirituality, says Richard Rohr. He makes a case that the Twelve Steps relate well to Christian teaching and can rescue people who are drowning in addiction and may not even realize it. To

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survive the tidal wave of compulsive behavior and addiction, Christians must learn to breathe under water and discover God's love and compassion. In this exploration of Twelve Step spirituality, Rohr

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identifies the Christian principles in the Twelve Steps, connecting The Big Book of Alcoholics Anonymous with the gospel. He draws on talks he has given for over twenty years to people in recovery and those who

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counsel and live with people with addictive behavior. Rohr offers encouragement for becoming interiorly alive and inspiration for making one's life manageable for dealing with the codependence and dysfunction

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(sin) rampant in our
society.

"We are indeed 'saved' by
knowing and surrendering to
this universal pattern of
reality. Knowing the full
pattern allows us to let go
of our first order, trust

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the disorder, and, sometimes even hardest of all—to trust the new reorder. Three big leaps of faith for all of us, and each of a different character.” —from the introduction A universal pattern can be found in all

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societies and in fact in all
of creation. We see it in
the seasons of the year; the
stories of Scripture; the
life, death, and
resurrection of Jesus; the
rise and fall of
civilizations; and even in

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our own lives. In this new version of one of his earlier books, Father Richard Rohr illuminates the way understanding and embracing this pattern can give us hope in difficult times and the courage to

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push through messiness and
even great chaos to find a
new way of being in the
world.

40 Practices and Reflections
on the Universal Christ
Every Thing Is Sacred
Forge Resiliency and Mental

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Toughness to Succeed at an
Elite Level

A Spirituality for the Two
Halves of Life -- A

Companion Journal

On being black and feminist
in South Africa

The Transforming Vision of

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**Saint Francis in an Age of
Anxiety**

**Why Can't Church Be More
Like an AA Meeting?**

Whether reciting the gathas
in Buddhist practice, the
Shema in Judaism, or the
Jesus Prayer in

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Christianity, for centuries
the practice of breath
prayer has helped center
people from a variety of
faith traditions on the
sacred in everyday life.
Through brief words of
prayer or petition said

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silently to the rhythm of one's breath, this simple, meditative act combines praise for the divine with focused intention, creating a profound spiritual connection in the quiet, and even mundane, moments of the

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day . In *Breath Prayer*,
Christine Valters Paintner,
online abbess of Abbey of
the Arts, introduces us to
this spiritual practice and
offers beautiful poem-
prayers for walking,
working, dressing, cleaning,

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sitting in silence, doing
the dishes, living in
community--breathing the
divine into our daily lives.
Over time these recitations
become as natural as
breathing. We don't so much
recite the prayers as the

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prayers recite us, guide us,
and open our hearts to the
everyday sacred. With each
of the forty prayers,
Paintner includes
reflections on life's
ordinary beauty and
heartfelt advice for

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discovering the sacred all around. Breath Prayer concludes with guidance for creating your own breath prayers to deepen your practice.

Leadership is the habit of making good choices. Even in

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difficult and uncertain circumstances, the most effective leaders focus their attention and overcome entrenched patterns of behavior to push an organization to new heights of success. This capability

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is no fluke: the latest research on the brain shows that we can pinpoint the mental activity associated with it—and cultivate it for our benefit. In this book, Art Kleiner, a strategy expert; Jeffrey Schwartz, a

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research psychiatrist; and Josie Thomson, an executive coach, give a transformative explanation of how cutting-edge neuroscience can help business leaders set a course toward better management. Mapping the

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functions of a manager onto established patterns of mental activity, they identify crucial brain circuits and their parallels in organizational culture. Strategic leaders, they show, play the role of wise

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advocates: able to go beyond day-to-day transactional behavior to a longer-term, broader perspective that articulates their organization's deeper purpose. True leaders can play this influencer role in

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an organization because they have cultivated similar self-reflective habits in their own minds. Providing a powerful guide to decision strategies and their consequences, *The Wise Advocate* helps managers find

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their own inner voice and then make that voice ring out loud and clear, with a four-step program for practice and catalytic implications for management strategy, executive education, and business

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results.

Zen and the Art of Planetary
Crisis

Laudato Si'