



Care of the Soul : A Guide for Cultivating Depth and Sacredness in Everyday Life

Thomas Moore

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In this special twenty-fifth anniversary edition of Thomas Moore's bestselling *Care of the Soul*, which includes a new introduction by the author, readers are presented with a revolutionary approach to thinking about daily life—everyday activities, events, problems, and creative opportunities—and a therapeutic lifestyle is proposed that focuses on looking more deeply into emotional problems and learning how to sense sacredness in ordinary things.

Basing his writing on the ancient model of “care of the soul”—which provided a religious context for viewing the everyday events of life—Moore brings “care of the soul” into the twenty-first century. Promising to deepen and broaden the readers' perspectives on their life experiences, Moore draws on his own life as a therapist practicing “care of the soul,” as well as his studies of the world's religions and his work in music and art, to create this inspirational guide that examines the connections between spirituality and the problems of individuals and society.

“Thoughtful, eloquent, inspiring.” —San Francisco Chronicle

“I soulfully recommend it without reservation.” —John Bradshaw, author of *Homecoming*

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Playing with family in a park, coming to see the sea world or hanging out with good friends is thing that usually you could have done when you have spare time, then why you don't try point that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Care of the Soul : A Guide for Cultivating Depth and Sacredness in Everyday Life, it is possible to enjoy both. It is fine combination right, you still need to miss it? What kind of hang type is it? Oh come on its mind hangout fellas. What? Still don't get it, oh come on its known as reading friends.

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