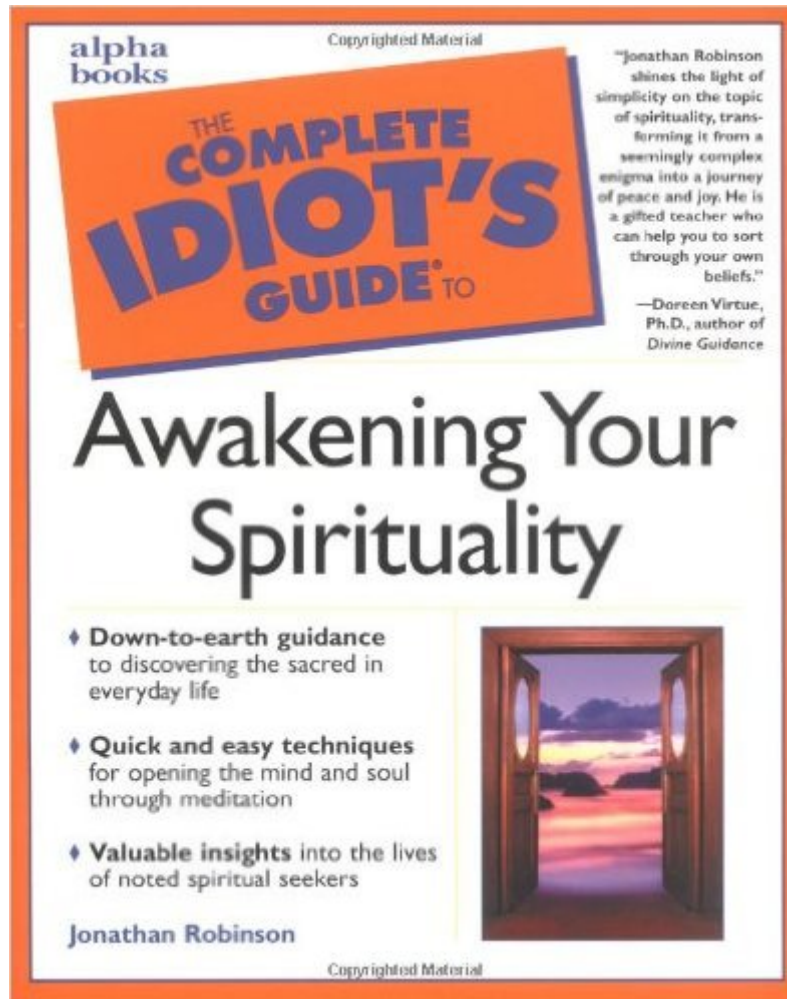


The book was found

The Complete Idiot's Guide To Awakening Your Spirituality



Synopsis

If you are curious, puzzled, or intrigued by the idea of awakening and exploring your spirituality, this book will help you. Instead of traditional dogma, it gives you down-to-earth explanations, encouragement, and real life examples to help you nurture your soul and grow your spiritual consciousness. It will help you define your inner strengths, weaknesses, obstacles, and the allies that shape your spirituality, and it will offer you practical tools and methods to cultivate your spiritual growth and awakening.

Book Information

Series: The Complete Idiot's Guide

Paperback: 384 pages

Publisher: Alpha; 1 edition (August 17, 2000)

Language: English

ISBN-10: 0028638263

ISBN-13: 978-0028638263

Product Dimensions: 7.4 x 0.8 x 9.1 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (6 customer reviews)

Best Sellers Rank: #1,073,298 in Books (See Top 100 in Books) #86 in [Books > Arts &](#)

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Customer Reviews

I've read a lot of books on spirituality, and I think this is one of the best I've read to date. It is an "Idiot's Guide" in that anyone can get something out of this book. However, even those who have read many books can learn a lot from it. The book is a very diverse one--a few chapters on some of the larger religions, some sections on becoming more present in the moment, some stuff on physical actions--something for everybody. Robinson's approach is that we are all climbing the same spiritual mountain, even though we all take different paths. None of the paths are inherently better than any others, but some paths are better for some individuals. Only the individual can know what that path is. His style is friendly and easy to understand. There is a lot of information in this book, so you'll want to read it a few times to get the most from it. Plus, there are helpful 'asides' to break up the page and give you useful information. This book will enrich the life of anyone with an

open mind. Not only does it talk about spirituality, it goes a step further by encouraging you to practice your spirituality in your everyday life. Robinson teaches many, many helpful techniques that make spirituality practical and worthwhile. I wish I had found this book sooner.

This book is fabulous and the title almost diminishes its importance as a very thorough, well researched and well written book. Obviously this is part of the "Idiot's" series and in keeping with that trend the book is written from a standpoint of informing someone whose spiritual knowledge may be relatively limited while at the same time being able to charm even the most seasoned and well-traveled spiritual seeker. It is also very entertaining which is refreshing since the spiritual path can oftentimes make one more than a little serious and precious I have noticed!! I was so impressed by this book when I got it first from my local library, that I hunted high and low to find a copy ~ not easy as it seems to be out of print (sacrilege) and very gratefully purchased one second hand in pristine condition. Happy camper....

I sometimes wish books like this had a different heading category. Awakening spirituality is no idiot's game. But that is after all the book category. But it's a great book, light enough for the novice, soulful enough for those of us spiritualists that have gone astray!

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