



## Spiritual Literacy: Reading the Sacred in Everyday Life

By Frederic Brussat, Mary Ann Brussat

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### Spiritual Literacy: Reading the Sacred in Everyday Life By Frederic Brussat, Mary Ann Brussat

A book that belongs in every seeker's home, *Spiritual Literacy* answers the universal question, "How can I live a spiritual life every day?" Frederic and Mary Ann Brussat reveal a way to read the texts of our lives and of the world around us for sacred meaning.

Using more than 650 brief examples from contemporary books and movies, they tutor us in the art of lingering with our experiences and seeing the world with fresh eyes. They present spiritual perspectives on things, places, nature, animals, leisure, creativity, service, body, relationships, and community. The Alphabet of Spiritual Literacy describes the key spiritual practices -- from attention to zeal -- that spell the meaning in daily life.

Here is the book to share with your children, family, colleagues, and friends as you explore together the bounties of the spiritual life.

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### **Bibliography**

- Sales Rank: #481810 in Books
- Brand: Scribner
- Published on: 1998-08-05
- Released on: 1998-08-05
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x 1.60" w x 6.12" l, 1.93 pounds
- Binding: Paperback
- 608 pages



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### **Editorial Review**

#### **Amazon.com Review**

Here is an astoundingly rich and needed addition to spiritual literature. With Sisyphean diligence, Frederic and Mary Ann Brussat have managed to compile an extraordinary array of spiritual passages from writers across time and regardless of religious denomination, from the lyricist Leonard Cohen to the philosopher Jacob Needleman, from the mystic Christian Meister Eckhart to the novelist Annie Dillard, from the Zen master Robert Aitken to the poet Robert Haas. Read this book, contemplate it and learn the ABCs of spiritually, of life.

#### **From Publishers Weekly**

The Brussats have put together a wonderful book in the William Bennett style that embraces the spiritual rather than the virtuous life. Believing that "Life is a sacred adventure" and that "Everyday we encounter signs that point to the active presence of the Spirit in the world around us," the Brussats break their book into such categories as "Place," "Nature," "Leisure" and "Creativity." Each chapter draws upon a wide variety of sources, including oral traditions, poetry and film, that pertain to the chapter's theme. Exercises at the end of each chapter are intended to help readers become more in tune with the spiritual in everyday activities.

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#### **From Library Journal**

Spirituality can be learned, and here is the textbook. Expect a big promotion.

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### **Users Review**

#### **From reader reviews:**

##### **Cynthia Medina:**

This book untitled Spiritual Literacy: Reading the Sacred in Everyday Life to be one of several books this best seller in this year, that is because when you read this publication you can get a lot of benefit upon it. You will easily to buy that book in the book shop or you can order it by means of online. The publisher on this book sells the e-book too. It makes you quickly to read this book, because you can read this book in your Smartphone. So there is no reason to you to past this e-book from your list.

##### **Sandra Spier:**

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possesses high quality.

**Joshua Mendez:**

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