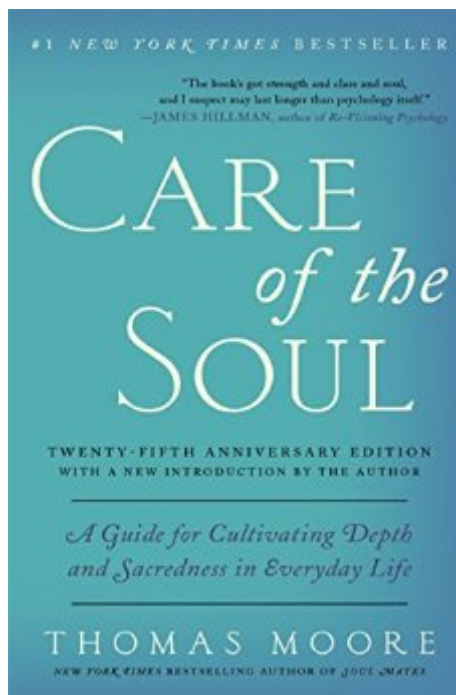


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Care Of The Soul Twenty-fifth Anniversary Edition: A Guide For Cultivating Depth And Sacredness In Everyday Life



Synopsis

#1 New York Times Bestseller With a new introduction by the author and additional material, this 25th anniversary edition of the #1 New York Times bestseller by Thomas Moore provides a powerful spiritual message for our troubled times. In this special 25th anniversary edition of Thomas Moore's bestselling book *Care of the Soul* 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 even 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 21st century. Promising to deepen and broaden the reader's perspective on his or her own 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.

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Customer Reviews

I agree wholeheartedly with Thomas Moore's assertion that "loss of soul" is a major problem facing us today. People who are cut off from soulful family and friendship may find themselves in a cultural void, a barren world where problems are solved with pills and the media replaces real community. We have lost ourselves in the chaotic din and senseless rush. We are more sophisticated than ever, yet we remain unsatisfied. Do we know what will really satisfy us? Can we be still and take an honest look at ourselves? Are we making the best use of the one short life that has been given us? If you recognise these questions, then 'Care of the Soul' might help you begin to answer them. Moore has a sense of the sanctity of human life, he urges us to see each life as precious and has respect for what each individual presents, however unpleasant it may seem. Every story and pathology is meaningful and can reveal truths about not just the individual but also about their family and society. When I first read the book I was most impressed by the chapter on narcissism, which remains the most authoritative account of self-love I have read. We are used to hearing that we must love ourselves before we can truly love another, but do we really know how? Moore correctly interprets the story of Narcissus not simply as an example of the symptom of narcissism, which is how it is often misinterpreted, but as the myth of true self-love, and he tells it with the insight you might expect from a therapist. This alone was a revelation and changed my life. I wonder if when Narcissus recognises himself he is experiencing the well-known 'Thou Art That' of Indian philosophy. Other key themes such as jealousy, power and depression are explored also. A previous reviewer wrote that Moore thinks we should not change.

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