

Breathing Under Water Spirituality And The Twelve Steps

Breathing Under Water Spirituality and the Twelve Steps Franciscan Media
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 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 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 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 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, 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 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 seeking the Source and Ground and not just your small self."—From the Introduction

Dissolve the distractions of ego to find our authentic selves in God In his 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? 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, 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 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 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 style.

"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 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 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 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 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, 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.

Addiction and Grace offers an inspiring and hope-filled vision for those who desire to explore the mystery of who and what they really are. May examines the "processes of attachment" that lead to addiction and describes the relationship between addiction and spiritual awareness. He also details the various addictions from which we can suffer, not only to substances like alcohol and drugs, but to work, sex, performance, responsibility, and intimacy. Drawing on his experience as a psychiatrist working with the chemically dependent, May emphasizes that addiction represents an attempt to assert complete control over our lives.

Addiction and Grace is a compassionate and wise treatment of a topic of major concern in these most addictive of times, one that can provide a critical yet hopeful guide to a place of freedom based on contemplative spirituality.

The Twelve Steps of Alcoholics Anonymous is Americas most significant and authentic contribution 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 survive the tidal wave of compulsive behavior and addiction, Christians must learn to 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 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 making ones life manageable for dealing with the codependence and dysfunction (sin) rampant in our society.

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

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I Am Not Perfect is a simple 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 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 extraordinary wellspring of hope and inspiration to anyone thirsting for spiritual growth and guidance in these troubled times. Who are we? Why do we so often fall short of our goals for ourselves and 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 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 to anyone who yearns to find 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 of Everything Belongs and Enneagram introduces a guide to male spirituality that is designed to initiate young men into life's most important lessons--life is hard, you are not that important, life is not about you, you are not

in control, and you are going to die. Original.

The editor of St. Anthony Messenger magazine for many years, Fr. Pat McCloskey has answered many questions in his "Ask a Franciscan" column. Now, he has mined that wealth of material to find the most helpful questions and answers for readers to help them see the connection between their faith and their spiritual growth as disciples of Jesus Christ. Questions are grouped in categories relating to our relationship with God and the Trinity, his mother, Mary, sacraments, Scripture, prayer, morality, forgiveness and redemption and much more.

Drawing from the best and most poetic of Richard Rohr's essays from nearly a quarter of a century, each chapter in this new collection examines one of the seven core mystical truths. Organized according to the mystical paths that every worshiper must follow, Rohr identifies the despair of everyday life, promotes opportunities for change even in the face of pain, and encourages transforming one's deeper self into a beacon of light that aids in the metamorphosis of others. Illuminating these insights with reflections on Christian and Jewish scriptures while citing the greatest religious writers throughout the ages, Rohr offers an unparalleled window into the wisdom of the mystics in this succinct volume that represents the best of his vast library of writing.

'Only when the two come together, inner and outer authority, do we have true spiritual wisdom. We have for too long insisted on outer authority alone, without any teaching of prayer, inner journey and maturing consciousness. The results for the world and for religion have been disastrous . . . I offer these reflections to again unite what should never have been separated: sacred Scripture and Christian spirituality.' From The Introduction In this exploration of central themes of Scripture, Richard Rohr transforms the written word, discovering in these ancient texts a new and vital meaning, relevant and essential for modern Christians. He uncovers what the Bible says about morality, power, wisdom and the generosity of God in a manner that demands a life-changing response from believers. Rohr offers his readers a Christian vision of abundance, grace and joy to counteract a world filled with scarcity, judgement and fear—a vision that can revolutionize how we relate to ourselves, others and the world.

Drawn from the Gospels, Jesus, Paul, and the great Christian contemplatives, 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 interpreting them through rational thought.

Don't miss this timely contemporary young adult 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, 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 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 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. 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

Gerard Manley Hopkins's verse contains the unique paradox of a poet-priest who wanted to evoke the spiritual essence of nature sensuously, and to communicate this revelation using innovative technique and natural language. This collection gives voice to his feelings of intense spiritual longing. Through his exceptional ability as a writer, Hopkins created tuneless expressions of the eternal religious expressions that will find resonance with contemporary spiritual seekers. Longing and faith -- both constant elements of spirituality -- are here so exquisitely expressed as to give this collection great meaning for today. "Gerard Manley Hopkins" (1844-1889) was a Jesuit priest and poet. Although his body of work is small, he ranks high among English poets and was extremely influential on twentieth-century poetry.

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 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 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 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 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, showing that engaged Buddhism provides a possible path to the necessary repair and healing. Advent is not about a sentimental waiting for the Baby Jesus --Richard Rohr Advent is a time to focus our expectation and 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, prayers, Scripture readings, and questions for reflection for each day of Advent.

Do you describe yourself as spiritual but not religious? Whether young or old, church connected or not, are you spiritually restless for an authentic faith life but do not find conventional religious teachings pertinent to you? This accessible guide to a meaningful spiritual life is a salve for your soul. It reinterprets traditional religious teachings central to the Christian faith - God, Jesus, faith, prayer, morality and more - in ways that connect with people who have outgrown

the beliefs and devotional practices that once made sense to them.

A guide to meditative breathing practices in Western religions and how these practices provide a direct experience of God • Reveals how Western spiritual traditions, such as the Book of Genesis, the Jewish teachings of ruach, and the poetry of Rumi, contain hidden instruction for meditative breathing practices • Explains how breathing practices can bring all of us, including Christians, Muslims, and Jews, closer to a direct experience of the palpable presence of God • Provides guidelines and best practices for meditative breathing through a personal journal of the author's own meditative retreat

Surprised by the number of attendees from Western spiritual traditions at his Buddhist retreats, Will Johnson wanted to understand what drew them to this type of spiritual experience. He found many devoted Christians were in search of a more direct experience of God beyond faith alone, so he began exploring what breathing practices could be found in the sacred texts of Western monotheistic religions. Johnson discovered that, like their Eastern counterparts, Western traditions speak of gaining direct access to God via the breath. After experimenting with these teachings during a 10-day retreat at a desert monastery, he discovered that each of us has the potential to open up to the presence of spirit in every breath. In this book, the author offers a close look at the importance of breath in each major Western religion, including the Jewish teachings of ruach as life-giving spirit in the form of breath and the Islamic poetry of Rumi, which describes breath as essential for cleansing the soul. He then ties each breathing tradition to the Book of Genesis, sacred to Christians, Muslims, and Jews alike: "And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life, and man became a living being." Just as God blew life into Adam, every breath we take--if we follow the breathing practice of surrendering completely to inhalation--can open us up to the presence of God. Through his own contemplative journey, Johnson shares his experience of striving to surrender to the fullest presence of God through each breath. As he takes the reader step-by-step through his own breathing practice, the author explains his physical and mental techniques for meditating successfully through breath and provides helpful guidelines to get the most out of meditative retreats. Johnson also offers deep reflections on how these shared practices of experiencing God through the breath transcend religious differences.

A Junior Library Guild Selection "In Breathing Underwater, Sarah 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 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. 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 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 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, is all Olivia can do—and maybe it's enough.

The author invites readers 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 reflections from the author's popular lectures and published and unpublished writings. Reprint.

“Brother Rohr may just take you to places you've both avoided and longed for, to truth, union, joy, 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 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 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 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 get free from your personal toxic dependencies Learn how the Twelve Step program can supplement Christian teaching Find compassion for others and yourself 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 bold hope and transformation in this insightful book.

In this new, general introduction to the Enneagram, Rohr and Ebert show that the Enneagram was developed in Egypt by the Desert Fathers and rediscovered by a Franciscan missionary to the Moslems at the turn of the 14th century.

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

The now-classic guide to alcoholism returns with new, enlightening research that confirms the revolutionary ideas first trailblazed by this book in a time when such theories were unheard of—now featuring a new foreword, new resources, and the same reliable insights and easy-to-read style. “This book is truly informative, powerful, and an invaluable resource on overcoming alcoholism.”—Angela Diaz, M.D., Ph.D., M.P.H. Ten of millions of Americans suffer from alcoholism, yet most people still wrongly believe that alcoholism is a psychological or moral problem that can be “cured” once the purported underlying psychological problems or moral failings of the alcoholic are addressed. Based on groundbreaking scientific research, *Under the Influence* examines

the physical factors that set alcoholics and non-alcoholics apart, and suggests a bold, stigma-free way of understanding and treating the disease of alcoholism. You'll learn: • How to tell if someone you know is an alcoholic. • The progressive stages of alcoholism. • How to help an alcoholic into treatment and how to choose the right treatment program. • Why diet and nutritional therapy are essential elements of treatment. • Why frequently prescribed medications can be dangerous for alcoholics. • How to ensure a lasting recovery. An essential resource for anyone hoping to better understand the nature of alcoholism—whether you are looking to support a loved one or learning how to best care for yourself—it's no wonder this innovative work has been hailed as "the best book ever written on alcoholism" (AA Beyond Belief). This special updated edition of *Under the Influence* will continue to earn its standing as a classic in the alcoholism field for years to come.

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 is 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 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 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 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 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 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 fresh way of thinking about spirituality that grows throughout life. In *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." 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 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 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 book explores the counterintuitive message that we grow spiritually much more by doing wrong than by doing right."

We are all addicted in some way. When we learn to identify our addiction, embrace our brokenness, 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 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 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 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 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 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 countless souls, especially those who struggle with issues of brokenness and seek transformation.' National Catholic Reporter

Erwan Le Corre, creator of the world-renowned fitness system MovNat, is on a mission to reintroduce natural movement to our modern lives with the most ancient movement skill set: walking, running, balancing, jumping, crawling, climbing, swimming, lifting, carrying, throwing, catching, and self-defense. Try to imagine an out-of-shape tiger stepping on an exercise machine to get a workout. It doesn't make any sense, does it? Wild animals simply move the way nature intended, and they become powerful, healthy, and free in the process. So why should it be any different for us? We have become "zoo-humans," separated from nature and living movement-impooverished, unnatural lifestyles. As a result, we are suffering physically, mentally, and spiritually. Exercise has become artificial and boring--a chore, if not a punishment. We are training parts of our bodies, not the whole, and we have lost our drive for movement. What we need is not a better understanding of exercise physiology or more variety in fitness programs and modalities. What we need is simplicity, meaning, purpose, inspiration, and enjoyment. We need to get back to natural movement. In *The Practice of Natural Movement*, Le Corre demonstrates our innate and versatile ability to perform practical and adaptable movements. With countless techniques and movement variations, as well as strategies for practicing anytime and anywhere, he will inspire you to build a naturally strong and flexible body and to form yourself anew into a mindful, skillful, and physically capable human being.

Kate's father has been pressuring her to be perfect for her whole life, pushing her to be the best swimmer she can be. But when Kate finds her dad cheating on her mom, Kate's perfect world comes crashing down, and Kate is forced to leave home and the swim team she's been a part of her whole life. Now in a new home and new school, faced with the prospect of starting over, Kate isn't so sure that swimming is what she wants anymore. But when she decides to quit, her whole world seems to fall apart. But when Kate gets to know Michael, the cute boy that lives across the hall, she starts to think that starting over might not be so bad. There's only one problem: Michael has a girlfriend. As the pressures of love, family, and success press down on her, can Kate keep her head above water? Praise for *How to Breathe Underwater*: "Well-developed characters, interesting storyline, clean writing, I'm hooked." —Christy Hintz, reader on SwoonReads.com "A very lovely story and an enjoyable read." —Katie Kaleski, reader on SwoonReads.com "The strength of this book are the highly developed characters who have such depth..." —Kathryn Berla, reader on SwoonReads.com

As a young traveler, Julie Hopper often replaced her heartbreak with a new adventure. That is until she experiences an instant soul connection with a thirty-

two-year old Scottish/Italian Learjet pilot. His sudden and unexplained disappearance leaves her in a wake of devastation, before realizing that she's on an unfamiliar spiritual path of signs, visions and message dreams. When she has a chance meeting sixteen years later with yet another thirty-two-year old Scottish Learjet pilot, she knows that the Universe is demanding her attention. Their intensely deep soul connection, the synchronicities between them and the similarities between both of the pilots in her life, she knows that their meeting is no coincidence. Raised in the slums of Glasgow by a brutally abusive step-father, love is an emotion that has only betrayed Brayden. The mystical messages and synchronicities that follow, take her on a thought provoking journey spanning three continents into Saudi Arabia, as she struggles to break through his barriers in an attempt to regain his trust and belief in love.

Francis of Assisi is one of the most beloved of all saints. Both traditional 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 while moving toward a new understanding of the world beyond. Globally recognized as an ecumenical teacher, Richard Rohr started out—and remains—a 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 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 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 tradition founded on his revolutionary, radical, and life-changing embrace of the teachings of Jesus. Rohr draws on Scripture, insights from psychology, and literary 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 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. The audio edition of this book can be downloaded via Audible.

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 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 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 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 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 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, 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, and spirit. This wry memoir tackles twelve different spiritual practices in a quest to become more saintly, including fasting, fixed-hour prayer, the Jesus Prayer, gratitude, Sabbath-keeping, and generosity. Although Reiss begins with great plans for success ("Really, how hard could that be?" she asks blithely at the start of her saint-making year), she finds to her growing humiliation that she is failing - not just at some of the practices, but at every single one. What emerges is a funny yet vulnerable story of the quest for spiritual perfection and the reality of spiritual failure, which turns out to be a valuable practice in and of itself.

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