



I'm Spiritual, Dammit: How to Keep Your Feet on the Ground and Your Head in the Stars (Paperback)

By Jennifer Weigel

Watkins Media, United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book. This book is one woman s attempt to deal with life s daily whirlwinds - the stuff that happens. Jennifer Weigel asks three questions that many of us confront at one time or another: Is it possible to be sane and grounded and have a rich interior life? Is it possible to get through the day with poise and grace when everything is hitting the fan? Is it possible to have a spiritual life and not be some sort of wacko? Her answer to all three questions is a resounding Yes! Jennifer arrives at that conclusion by way of thirteen inspiring commonsense rules for holding it all together. Each rule is given a chapter of its own. Chapter titles include Rock Star Parking, a Tight Ass, and Your Dream Job: Just Thank the Universe and Don t Drink the Kool-Aid: How To NOT Get Lost in a Guru . But don t be misled by the knockabout humour: one of Jennifer s great lessons for us is that there is no room for solemnity even when we are asking serious questions, such as: Is there such...

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