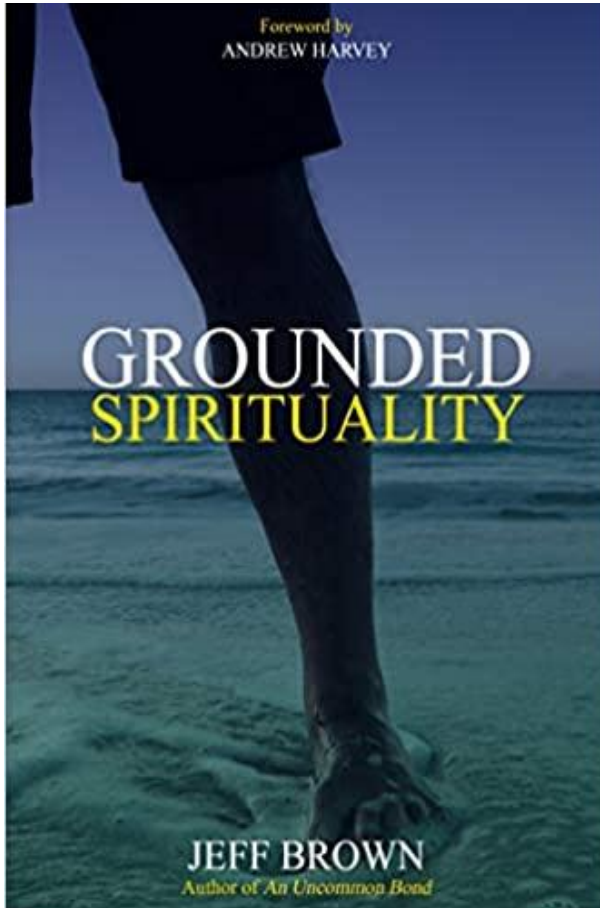


# GROUNDING SPIRITUALITY

by Jeff Brown



In this courageous, groundbreaking book, author Jeff Brown takes us on the spiritual ride of a lifetime.

The book opens with the author's compelling journey through a variety of spiritual approaches. Through decades of dedicated exploration and discernment, Brown exposes the transcendent notions of spirituality that limit our human experience.

In his fiercely authentic, no-holds-barred style, Brown reveals that what we view as 'spiritual' is often devoid of the gift that makes us most alive--our precious and unique selfhood.

He demonstrates that true spirituality is a whole-being awakening, one that heartfully embraces our entire human experience: our feelings, our stories, our bodies, our relationships with others, and the earth that houses us.

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