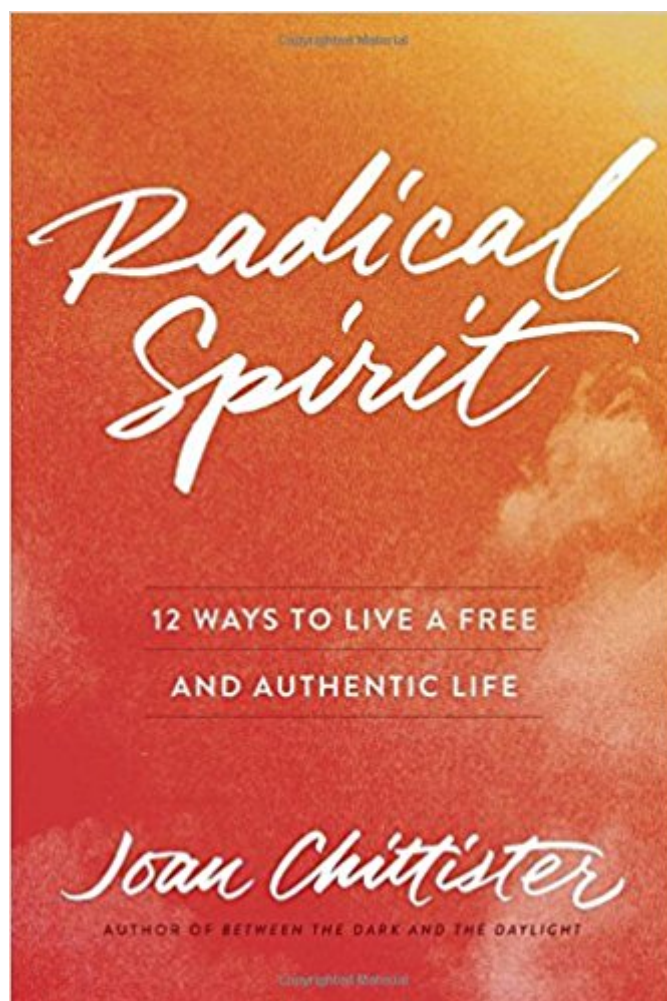


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# Radical Spirit: 12 Ways To Live A Free And Authentic Life



## Synopsis

Feeling burnt-out from life, strung-out from social media, and put out by a society that always wants more from you? Beloved nun and social activist Joan Chittister, who appeared on Oprah's Super Soul Sunday, offers a practical, character-building, and inspirational guide to help you take control of your emotional life and redirect your spiritual destiny. Joan Chittister, whom Publishers Weekly calls "one of the most well-known and trusted contemporary spiritual authors," is a rabble-rousing force of nature for social justice, and a passionate proponent of personal faith and spiritual fulfillment. Drawing on little known, ancient teachings of the saints, Sister Joan offers a practical program to help transform our thinking and rebel against our fears, judgments and insecurities. "Freedom from anxiety, worry, and tensions at home and work, comes when we give ourselves to something greater," she argues. "We need to seek wisdom rather than simply facts, to think before speaking, and in turn create respectful communities." With a series of twelve simple rules for healthy spiritual living, Chittister not only reminds us, but pleads with us, to develop enduring values by shifting our attention to how God wants us to live. This book will teach you how to accomplish this.

## Book Information

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## Customer Reviews

"Sister Joan Chittister is one of the great Christian spiritual masters of our time. I never come away from her books without being inspired, nourished and, most of all, challenged." --James Martin, SJ, author of *The Jesuit's Guide to (Almost) Everything* "As chaos and uncertainty reigns all around, Sister Joan's invitation to the sacred power waiting for us at the depths of our spirits

could not be more necessary or timely. Radical Spirit renders the most enduring ancient practices of the faith accessible, compelling and liberating for the living of these day and is one of the most helpful and hopeful books of the season." --Paul Raushenbush,Ã Â Senior Vice-President for Public Engagement atÃ Â Auburn SeminaryÃ Â

Joan Chittister, O.S.B., is an internationally known writer and lecturer and the executive director of Benetvision, a resource and research center for contemporary spirituality in Erie, Pennsylvania. A Benedictine Sister of Erie, Pennsylvania, she served as president of the Leadership Conference of Women Religious, president of the Conference of American Benedictine Prioresses, and was prioress of the Benedictine Sisters of Erie for twelve years. Sister Joan received her doctorate from Penn State University in speech communications theory. She has received numerous awards for her work on behalf of peace and women in church and in society.

I found Joan's book inspiring and challenging. She offered insights I had not thought about that are helpful in growing in the spiritual life.

Most up to date spiritual guide for our times. Many are seeking peace and personal fulfillment , but few seek it thru radical humility . Joan chittister shows how true humility can help us to live an authentic life , free us to be ourselves , and enjoy life in a deeper , more meaningful way.

Sr Joan comes through once again. This book is not only informational but provides the reader with many points to reflect upon and contemplate over and over.

Once again Sister Joan takes a complex subject and brings it down from my head to my heart. She makes me think and examine my relationship with others and my God.

Much that is wonderful Joan Chittester but the Message became a little repetitive.

I have just started reading this, but I receive Sr. Joan's Monastery of the Heart emails. She is so wise, thoughtful and provocative. She reminds us that if we are committed Christians and caring for all our sisters and brother, we can not be complacent.

Superb book , I have become a Chittister fan , great help for my spiritual life

Deep reflections on the power of humility by an always eloquent writer!

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