



Spiritual Literacy: Reading the Sacred in Everyday Life

Frederic Brussat, Mary Ann Brussat

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A book that belongs in every seeker's home, *Spiritual Literacy* answers the universal question, "How can I live a spiritual life every day?" Frederic and Mary Ann Brussat reveal a way to read the texts of our lives and of the world around us for sacred meaning.

Using more than 650 brief examples from contemporary books and movies, they tutor us in the art of lingering with our experiences and seeing the world with fresh eyes. They present spiritual perspectives on things, places, nature, animals, leisure, creativity, service, body, relationships, and community. The Alphabet of Spiritual Literacy describes the key spiritual practices -- from attention to zeal -- that spell the meaning in daily life.

Here is the book to share with your children, family, colleagues, and friends as you explore together the bounties of the spiritual life.

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