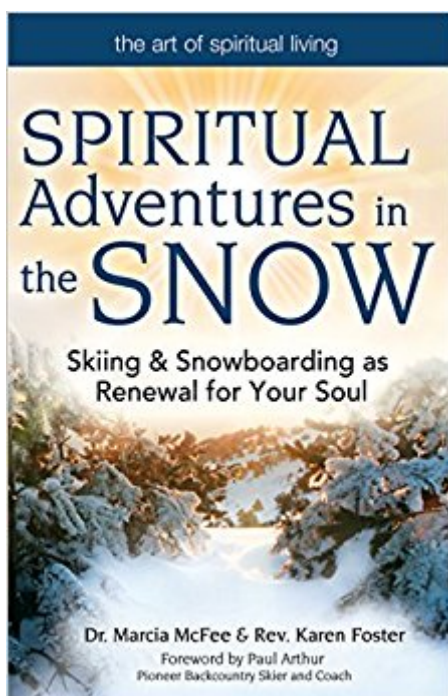


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# Spiritual Adventures In The Snow: Skiing & Snowboarding As Renewal For Your Soul (Art Of Spiritual Living)



## Synopsis

Turn your recreation in the snow into a spiritual high point! Activities that are exhilarating and fun are not usually thought of as spiritual. But to the contrary, such ventures may well point us to our most profound spiritual connections. For when we are able to come fully into the present moment, turn off the noise in our minds, feel our true essence as complete union of body-mind-spirit, we enter into a kind of other worldly state of ecstasy that we can experience only as a spiritual dimension.

Chapter 1 Debunking the myth that your body has nothing to do with your spiritual life, avid winter sports enthusiasts Dr. Marcia McFee and Rev. Karen Foster demonstrate how spirituality is fed by play and challenge and how your snow-filled adventures can serve as a set of metaphors for seeing lifes ups and downs as part of a sacred rhythm. Whether you have a need for speed or are drawn toward more lyrical motion, McFee and Foster offer poignant insights on how you can find your peak spiritual life in your favorite snow sport, no matter your skill level. Learn how to:

- Reduce stress and embrace your need for fun
- Achieve harmonious integration of mind, body, and spirit
- Trust your bodys inherent wisdom
- Appreciate the details in nature and everyday life
- Clear your head and persevere in difficult times
- Cultivate a sense of community

## Book Information

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## Customer Reviews

Dr. Marcia McFee, an avid skier, is a national speaker and consultant to churches on spirituality, arts, and worship. Rev. Karen Foster, an avid snowboarder, is a teacher of spirituality, a retreat leader and a pastor. Rev. Karen Foster is available to speak on the following topics: Sports and

Adventure as Spiritual Practice  
The Natural World  
Paul Arthur, a Junior Olympics coach and pioneer backcountry skier, was the first to ski Mt. Whitney in California as well as various couloirs and canyons of Mt. Tallac in California and Mt. Tom in the Sierra Nevada, California.

I love this book and have given it to several friends also. It is not necessarily a read through from cover to cover although that's a good way to start. It's a deeply moving collection of how we can find God in the snow - through skiing and snowboard and, just being in the great outdoors. It is a book many will want to keep in their library, pick it up over and over and relate once again to one or more of the stories, adventures, senses and wonderful presence of God. I have a visitation ministry at our local hospital and gave a copy recently to a patient who is on dialysis and is now having other health problems and has a lifelong love of skiing. He found it a wonderful source of inspiration and carries it with him much of the time. I highly recommend this book for all winter enthusiasts or anyone who is seeking/finding God in the great outdoors of winter.

With insights from each of the two authors' experiences in the snow, interviews entitled "Conversation with an Adventurer" in each chapter and more, this book is like yoga for your soul: both relaxing and invigorating. I'm not much of a skier, but loved the descriptions of nature and suggestions for integrating body, mind and spirit and found it applicable to my life nonetheless. Highly recommended!

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