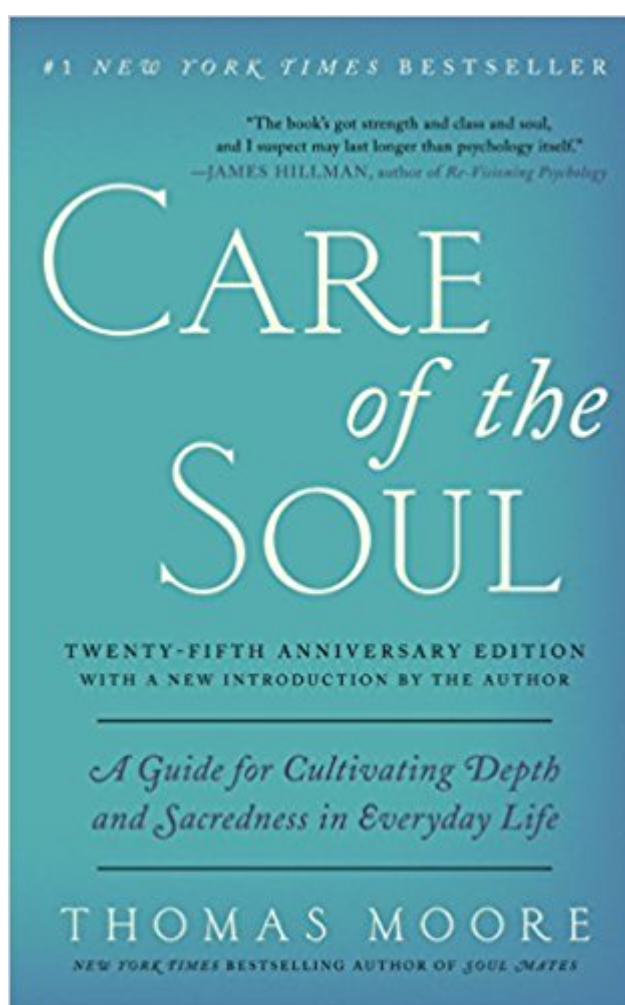


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# Care Of The Soul, Twenty-fifth Anniversary Ed: A Guide For Cultivating Depth And Sacredness In Everyday Life



## Synopsis

**#1 New York Times Bestseller** With a new introduction by the author and additional material, this 25th anniversary edition of the #1 New York Times bestseller by Thomas Moore provides a powerful spiritual message for our troubled times. In this special 25th anniversary edition of Thomas Moore's bestselling book *Care of the Soul* readers are presented with a revolutionary approach to thinking about daily life—everyday activities, events, problems and creative opportunities—and a therapeutic lifestyle is proposed that focuses on looking more deeply into emotional problems and learning how to sense sacredness in even ordinary things. Basing his writing on the ancient model of "care of the soul"—which provided a religious context for viewing the everyday events of life—Moore brings "care of the soul" into the 21st century. Promising to deepen and broaden the reader's perspective on his or her own life experiences, Moore draws on his own life as a therapist practicing "care of the soul," as well as his studies of the world's religions and his work in music and art, to create this inspirational guide that examines the connections between spirituality and the problems of individuals and society.

## Book Information

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## Customer Reviews

*Care of the Soul* is considered to be one of the best primers for soul work ever written. Thomas Moore, an internationally renowned theologian and former Catholic monk, offers a philosophy for living that involves accepting our humanity rather than struggling to transcend it. By nurturing the soul in everyday life, Moore shows how to cultivate dignity, peace, and depth of character. For

example, in addressing the importance of daily rituals he writes, "Ritual maintains the world's holiness. As in a dream a small object may assume significance, so in a life that is animated by ritual there are no insignificant things." This is the eloquence that helped reintroduce the sacred into everyday language and contemporary values. --This text refers to an out of print or unavailable edition of this title.

A radical and profoundly capacious view of human nature is the foundation for this eloquent discourse on living an imaginative, "soulful" life--one that embraces both body and spirit--in modern times. Challenging contemporary psychotherapy and its "muscle, strong-willed pursuit of change," Moore ( *Dark Eros* ), a therapist and religious historian who trained as a Catholic monk but did not make final vows, poses an attentive, accepting approach to everyday life that emphasises "modest care and not miraculous cure." Calling upon theories of C. G. Jung, Freud, Plato and such Renaissance thinkers as Marsilio Ficino and Paracelsus, the author reexamines Western archetypes and myths, citing Demeter and Persephone, Narcissus and Odysseus as well as Jesus for guidance in appreciating "the paradoxical mysteries that blend light and darkness into the grandeur of what human life and culture can be." Taking issue with current psychological precepts, beginning with the assumption that we have control over much of our lives and including our reverence for innocence and a belief in the triumph of the good, Moore urges that "we let the soul speak and show itself as it is, not as we wish it would be." His interpretations, particularly of myths, are not evenly persuasive, but all are well-considered and provocative. In graceful, deceptively gentle prose, he rejects formula, rigidity and a self-worth measured by accepted norms and thus upends contemporary spiritual and religious mores. The book is invigorating, demanding and revolutionary. 35,000 first printing; \$50,000 ad/promo; author tour. Copyright 1992 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Love this approach to therapy. If you believe in the soul it will help you understand a lot about yourself and others.

It is the nature of people to try and pigeonhole this writing in some category or another. Several times though the book there is a warning against this. I myself see him as a hybrid of Jung and Catechism. However I find this a revolutionary work that allows one to see the world in a new or ancient light. We have an opportunity to require or gain a perspective, a reality, a dimension that Thomas Moore calls soul. If nothing else reading the introduction will make this clear. I do not want

to paraphrase Moore's works. The book is well written and the layout is perfect to take you from ground zero of the process of Care of The Soul to a whole new life. However for me I felt a little like reading Dave Berry where he takes the normal and mundane and expands it beyond logic. You wonder how you got there. He gets into interpreting dreams but not the standard stuff in other dream books. And shows how to relate them to the topic of Care of The Soul. Somehow he bypasses a subject that I would be interested in. I use dreams to be more creative in work. Usually I can come up with unique solutions or insights in the middle of the night. By the time you reach chapter eleven "Wedding Spirituality and Soul" you can see he is more into Jung than S. Freud. Also items that start to look like hypnosis byproducts are creeping into the conversation. Towards the end of the book he gets more concrete and wraps up loose ends. Bottom line is you can not just read the book; you must live it to, to know it. And then again there is no guarantee.

Spiritually, Philosophy and Psychology meet up in this book. It's been along since I've read it but anyone interested in soul development and understanding others in a "different place" should read it.

This book is perfect to own either hard or soft copy. It is one of those books that acts more like a friend than a book. You will be lending it out more often than not to those that will need to take time to reflect on their own lives. This book is a good read but more importantly a good meal for your soul. Enjoy

A fresh look at the health of a soul capable of wholly satisfying relationships and enjoying everyday life. Thomas Moore, a dynamic speaker, has convinced me of one thing, there is hope. He has spun on the ancient texts and the primitive fear of "Loss of Soul", it seems a comfort that this crisis of the soul has been enacted before.

It's a great book for understanding psychology to me in simple way. It helps me to have compassion now for people and for myself, whatever we see in others the other side is that they mirror what's inside of us. We just don't recognize it in ourselves. Great book to read.

This is my second time through and everytime I learn more and perspective changes again and more. Recommended read for all on the journey to themselves

This soul-full book is the best I've read on the topic of living a more full and spiritual life. The content is profound but imminently accessible and provides eternal truths in such a way that it can help us connect with the Spirit in everyday life. I loved it.

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