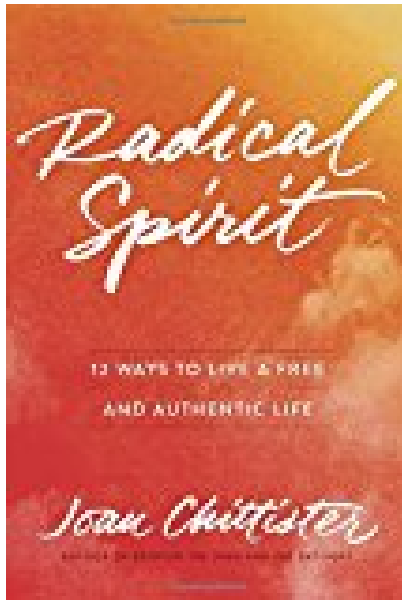


# Radical Spirit 12 Ways to Live a Free and Authentic Life

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## BOOK DETAILS

- Author : Joan Chittister
- Pages : 224 Pages
- Publisher : Convergent Books
- Language : English
- ISBN : 0451495179

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## BOOK 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.

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