
The second edition of SPIRITUALITY FOR DUMMIES (Wiley, January 2008, 366 pages) explains how to use practices like contemplation, meditation, yoga, and prayer to understand and improve your life.

Hoboken, NJ (PRWEB) March 11, 2008 -- Looking for straightforward advice on spirituality? The second edition of SPIRITUALITY FOR DUMMIES (a Wiley imprint, January 2008, 366 pages) explains how to use practices like contemplation, meditation, yoga, and prayer to understand and improve your life. The book shows how these simple practices can help you nourish the soul, thrive through adversity, and view the world with realistic optimism. There's even a bonus audio CD with over an hour of inspirational music from Christian, Jewish, Buddhist, and Hindu traditions, featuring the author and other artists. For more information, visit http://www.dummies.com/WileyCDA/DummiesTitle/Spirituality-For-Dummies-2nd-Edition.productCd-0470191422.html.

Written by Sharon Janis, SPIRITUALITY FOR DUMMIES, 2nd Edition, outlines methods for discovering the inner spirit, with an emphasis on simplicity, readiness, and knowing one's own individual tendencies, style, and world view. In simple language, the guide helps readers learn from words of sages, saints, and other spiritual thinkers and teachers (with quotes from many traditions). Readers will learn how to empower the mind by focusing, meditating, studying, and writing; energize the body through stretching and breathing exercises; and uplift the spirit through prayer and devotional singing.

SPIRITUALITY FOR DUMMIES, 2nd Edition shows how to naturally cultivate spiritual virtues such as truthfulness, humility, and compassion, and how to avoid harmful tendencies such as jealousy, anger, and greed. There's a chapter on the laws of karma (universal reciprocity) and attraction, along with tips and warnings about using popular spiritual fads. There's also a chapter on the experience and signs of enlightenment -- including a higher sense of knowing that fills the spirit with a deep peacefulness, faith, and confidence.

Like all For Dummies® titles, the book concludes with "The Part of Tens," including ten small ways for a reader to uplift his or her life; ten life circumstances that present opportunities for seeing with a more enlightened perspective; and "ten more commandments" for spiritual living. A helpful "Cheat Sheet" in the front of the book dispels some myths about spirituality, recommends places to meditate, and lists ten helpful questions to ask yourself on the path to self-discovery.

About the Author:
Sharon Janis is an award-winning filmmaker, musician, and the author of several books on spirituality. She combines her monastic experience of living for ten years in an ashram with her Hollywood expertise to present powerful spiritual teachings in a fun, easy, and entertaining way.

SPIRITUALITY FOR DUMMIES,® 2nd Edition
By Sharon Janis
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