

The Spiritual Life

A Variety of Philosophical and Psychological Approaches to Spirituality

[After the Ecstasy, the Laundry](#)

by Kornfield, Jack

294.3444 KOR

Harvesting an entire generation's spiritual work in the West, this book is one of the most authentic and convincing accounts ever written of the lifelong path of inner transformation. Written by a Buddhist teacher and meditation master of international renown, this moving and fascinating book also draws on the firsthand experiences of dedicated leaders and practitioners within the Christian, Jewish, Hindu, and Sufi traditions. The result is a uniquely intimate and honest understanding of how the modern spiritual journey unfolds-and of how we can prepare our own hearts for awakening.

[The Art of Happiness: A Handbook for Living](#)

by Dalai Lama XIV, H.H.

294.3444 BST

Drawing on more than 2,500 years of Buddhist tradition and teaching, the spiritual leader demonstrates how to confront the negative emotions, stresses, and obstacles of everyday life in order to find the source of inner peace.

[The Best American Spiritual Writing 2008](#)

by Zaleski, Philip

810.8038 BES

A selection of the finest spiritual writing of the year offers essays and articles on faith, spirituality, and their influence on politics, creativity, literature, and other fields, reflecting Christian, Muslim, Jewish, Buddhist, and other diverse perspectives.

[Care of the Soul: A Guide for Cultivating Depth and Sacredness in Everyday Life](#)

by Moore, Thomas

158.1 MOO

A therapist draws on the world's religions, music, art, and his own experiences with patients to examine the connections between spirituality and the problems of individuals and society.

[Chop Wood, Carry Water](#)

by Fields, Rick

291.44 CHO

Discusses the spiritual aspects of learning, sex, family life, work, money, play, health, technology, social action, and ecology.

[Contemplative Prayer](#)

by Merton, Thomas

242 M55

This is Thomas Merton at his contemplative best, applying ancient wisdom to the longings of our age through his thoughtful commentary on Scripture and important writers of the Western spiritual tradition.

[Conversations With God: An Uncommon Dialogue](#)

by Walsch, Neale Donald

133.93 WAL

Presents answers to the author's questions concerning everyday life and how man should respond to opportunities and challenges.

[Creation Spirituality: Liberating Gifts for the Peoples of the Earth](#)

by Fox, Matthew

248.482 F83

Discusses the origins of liberation theology and celebrates a religious transformation that addresses social, spiritual, and environmental concerns of contemporary society.

[Cutting Through Spiritual Materialism](#)

by Trungpa, Chogyam

294.3444 TRU

Examines the self-deceptions, distortions, and sidetracks that imperil the spiritual journey as well as awareness and fearlessness of the true path.

[The Divine Matrix: Bridging Time, Space, Miracles, And Belief](#)

by Braden, Gregg

299.93 BRA

An extraordinary journey bridging science, spirituality, and miracles explores the role of technology in spirituality, offering new evidence that demonstrates that each individual holds the power to speak directly to the force that links all of creation.

[The Essential Rumi](#)

by Barks, Coleman

891.5511 JAL

The premier interpreter of Rumi presents a definitive one-volume collection of the enduringly popular spiritual poetry by the extraordinary thirteenth-century Sufi mystic.

[Finding Flow](#)

by Csikszentmihalyi, Mihaly

158 CSI

Based on research that indicates most people are either in a state of high anxiety or passive boredom but rarely in between, this guide suggests readers challenge themselves with tasks that require skill and commitment in order to balance their lives.

[Finding Meaning in the Second Half of Life](#)

by Hollis, James

155.66 HOL

A Jungian analyst describes the sometimes difficult emotional process of transitioning into the second half of life, counseling readers on how to discover career fulfillment, renew a stagnating relationship, face mortality, and more.

[The Four Agreements: A Practical Guide to Personal Freedom](#)

by Ruiz, Miguel

299.792 RUI

The author uses ancient Toltec wisdom to fashion a personal philosophy around these four

principles--be impeccable with your word, don't take anything personally, don't make assumptions, and always do your best.

[Going to Pieces Without Falling Apart](#)

by Epstein, Mark

294.3444 EPS

A Buddhist psychiatrist challenges the preoccupation of Western psychology with the ego and its satisfaction, showing readers how to attain true happiness through Buddhist spirituality and through favoring being over doing.

[Illuminata: Thoughts, Prayers, Rites of Passage](#)

by Williamson, Marianne

242.8 WIL

Presents a compilation of contemporary prayers and meditations for people of all faiths, covering such topics as business, friendship, reconciliation, and anger.

[Infinite life : awakening to bliss within](#)

by Thurman, Robert

294.3444 THU

Furnishing a life-changing series of lessons, a guide to understanding the human role in the universe and the path to true fulfillment introduces the Seven Virtues, which integrate the power of the body and mind to reduce negative consequences and enhance the positive.

[Legacy of the Heart: The Spiritual Advantages of a Painful Childhood](#)

by Muller, Wayne

155.25 MUL

Contending that childhood pain can be the source of happiness, this book includes a twelve-step outline to help adult children of troubled families heal childhood wounds that are prohibiting happiness in adulthood, describes how to gain spiritual strengths from the trials of childhood, and offers advice on coming to terms with feelings of anger, fear, and guilt.

[Lovingkindness: The Revolutionary Art of Happiness](#)

by Salzberg, Sharon

294.3443 SAL

Explains how the Buddhist path can help individuals discover the inner joy within themselves, and shares simple Buddhist teachings and suggestions for meditation.

[Man's Search for Meaning](#)

by Frankl, Viktor

150.19 F85

The first part of this work is a deeply moving essay about Frankl's imprisonment in Auschwitz and his struggle to find reasons to live. The second part describes the therapeutic method he pioneered as a result of his experiences, reflecting his belief that man's deepest desire is to search for meaning and purpose.

[New Seeds of Contemplation](#)

by Merton, Thomas

248.34 MER

A spiritual classic introduces western readers to the mystical dimensions of the human soul, inviting

readers to develop and nurture a contemplative and vital sense of spirituality.

[Notes from the Universe: New Perspectives from an Old Friend](#)

by Dooley, Mike

158 DOO

Presents inspirational affirmations and reminders designed to help readers achieve the life they desire, suggesting that a positive attitude brings serendipitous changes.

[Open Mind, Open Heart: The Contemplative Dimension of the Gospel](#)

by Keating, Thomas

248.34 K22

Explores the process of Centering Prayer, a specifically Christian form of meditation.

[A Path With Heart: A Guide Through the Perils and Promises of Spiritual Life](#)

by Kornfield, Jack

294.3 KOR

A guide to reconciling Buddhist spirituality with the American way of life addresses the challenges of spiritual living in the modern world and offers guidance for bringing a sense of the sacred to everyday experience.

[Peace Is Every Step: The Path of Mindfulness in Everyday Life](#)

by Nhat Hanh, Thich

294.3444 NHA

Teaches the practice of mindfulness, the act of keeping one's consciousness alive to one's experiences, and offers methods for continuing the quest for spiritual fulfillment amid daily modern life.

[The Power of Now: A Guide to Spiritual Enlightenment](#)

by Tolle, Eckhart

291.44 TOL

A counselor and spiritual teacher shares the secret of his own self-realization and the philosophy he has developed for living in the present.

[The Prophet's Way: Touching the Power of Life](#)

by Hartmann, Thom

291.422 HAR

Drawing together mysticism and physics, the author describes his own dramatic spiritual journeys in the farthest corners of the earth to illuminate specific techniques readers can use to achieve spiritual transformation.

[The Road Less Traveled: A New Psychology of Love, Traditional Values and Spiritual Growth](#)

by Peck, M. Scott

158.1 PEC

A classic primer on personal growth guides readers gently through the hard and often painful process of change toward a higher level of self-understanding.

[Sacred Therapy: Jewish Spiritual Teachings on Emotional Healing and Inner Wholeness](#)

by Frankel, Estelle

296.71 FRA

This inspirational guide uses Biblical, Hasidic, Talmudic and Kabbalistic traditions to teach that healing

begins with brokenness and leads to transformation, wholeness, and renewal.

[Spiritual Liberation: Fulfilling Your Soul's Potential](#)

by Beckwith, Michael Bernard

204.4 BEC

A spiritual teacher describes how to tap inner powers to change the world for the better, explaining the importance of turning inward rather than imposing personal values on others in order to promote dignity, equality, and peace.

[When All You've Ever Wanted Isn't Enough](#)

by Kushner, Harold

170.202 K96

A "useful spiritual survival manual" which guides readers to a heightened sense of joy, purpose, and meaning.

[When Things Fall Apart: Heart Advice for Difficult Times](#)

by Chodron, Pema

294.3444 CHO

Describes a traditional Buddhist approach to suffering and how embracing the painful situation and using communication, negative habits, and challenging experiences leads to emotional growth and happiness.