



Care of the Soul Twenty-fifth Anniversary Edition: A Guide for Cultivating Depth and Sacredness in Everyday Life

By Thomas Moore

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#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.

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Editorial Review

Amazon.com Review

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.

From Publishers Weekly

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 "muscled, 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.

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Review

"Care of the Soul has struck a national nerve." (Dallas Morning News)

"I soulfully recommend it without reservation." (John Bradshaw, author of *Homecoming*)

"The sincerity, intelligence and style -- so beautifully clean -- of Tom Moore's *Care of the Soul* truly moved me. The book's got strength and class and soul, and I suspect may last longer than psychology itself." (James Hillman, author of *Re-Visioning Psychology*)

"This book just may help you give up the futile quest for salvation and get down to the possible task of taking care of your soul. A modest, and therefore marvelous, book about the life of the spirit." (Sam Keen, author of *Fire in the Belly*)

"Thoughtful, eloquent, inspiring." (Alix Madrigal, *San Francisco Chronicle*)

"Care of the Soul has struck a national nerve." (Colleen O'Connor, *Dallas Morning News*)

Users Review

From reader reviews:

Scott Barbour:

What do you with regards to book? It is not important along? Or just adding material when you need something to explain what the one you have problem? How about your time? Or are you busy person? If you don't have spare time to try and do others business, it is make you feel bored faster. And you have free time? What did you do? All people has many questions above. They have to answer that question simply because just their can do this. It said that about publication. Book is familiar in each person. Yes, it is suitable. Because start from on jardín de infancia until university need that Care of the Soul Twenty-fifth Anniversary Edition: A Guide for Cultivating Depth and Sacredness in Everyday Life to read.

Charlie Bowers:

Do you certainly one of people who can't read satisfying if the sentence chained within the straightway, hold on guys this particular aren't like that. This Care of the Soul Twenty-fifth Anniversary Edition: A Guide for Cultivating Depth and Sacredness in Everyday Life book is readable by simply you who hate those perfect word style. You will find the information here are arrange for enjoyable reading experience without leaving perhaps decrease the knowledge that want to deliver to you. The writer connected with Care of the Soul Twenty-fifth Anniversary Edition: A Guide for Cultivating Depth and Sacredness in Everyday Life content conveys the idea easily to understand by many people. The printed and e-book are not different in the content material but it just different as it. So , do you still thinking Care of the Soul Twenty-fifth Anniversary Edition: A Guide for Cultivating Depth and Sacredness in Everyday Life is not loveable to be your top listing reading book?

Douglas Anderson:

In this time globalization it is important to someone to find information. The information will make someone to understand the condition of the world. The fitness of the world makes the information easier to share. You can find a lot of recommendations to get information example: internet, newspaper, book, and soon. You can view that now, a lot of publisher that will print many kinds of book. The book that recommended to you personally is Care of the Soul Twenty-fifth Anniversary Edition: A Guide for Cultivating Depth and Sacredness in Everyday Life this book consist a lot of the information in the condition of this world now. That book was represented so why is the world has grown up. The vocabulary styles that writer require to explain it is easy to understand. The actual writer made some study when he makes this book. This is why this book suitable all of you.

Jeff Brown:

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