

## A Religion of One's Own: A Guide to Creating a Personal Spirituality in a Secular World

By Thomas Moore

Download now

Read Online ➔

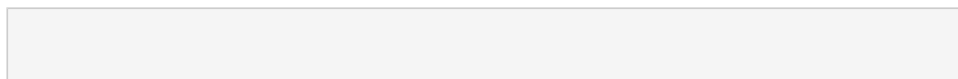
### A Religion of One's Own: A Guide to Creating a Personal Spirituality in a Secular World By Thomas Moore

**The *New York Times* bestselling author and trusted spiritual adviser offers a follow-up to his classic *Care of the Soul*.**

Something essential is missing from modern life. Many who've turned away from religious institutions—and others who have lived wholly without religion—hunger for more than what contemporary secular life has to offer but are reluctant to follow organized religion's strict and often inflexible path to spirituality. In *A Religion of One's Own*, bestselling author and former monk Thomas Moore explores the myriad possibilities of creating a personal spiritual style, either inside or outside formal religion.

Two decades ago, Moore's *Care of the Soul* touched a chord with millions of readers yearning to integrate spirituality into their everyday lives. In *A Religion of One's Own*, Moore expands on the topics he first explored shortly after leaving the monastery. He recounts the benefits of contemplative living that he learned during his twelve years as a monk but also the more original and imaginative spirituality that he later developed and embraced in his secular life. Here, he shares stories of others who are creating their own path: a former football player now on a spiritual quest with the Pueblo Indians, a friend who makes a meditative practice of floral arrangements, and a well-known classical pianist whose audiences sometimes describe having a mystical experience while listening to her performances. Moore weaves their experiences with the wisdom of philosophers, writers, and artists who have rejected materialism and infused their secular lives with transcendence.

At a time when so many feel disillusioned with or detached from organized religion yet long for a way to move beyond an exclusively materialistic, rational lifestyle, *A Religion of One's Own* points the way to creating an amplified inner life and a world of greater purpose, meaning, and reflection.



 [\*\*Download\*\* A Religion of One's Own: A Guide to Creating ...pdf](#)

 [\*\*Read Online\*\* A Religion of One's Own: A Guide to Creatin ...pdf](#)

# A Religion of One's Own: A Guide to Creating a Personal Spirituality in a Secular World

*By Thomas Moore*

**A Religion of One's Own: A Guide to Creating a Personal Spirituality in a Secular World** By Thomas Moore

**The *New York Times* bestselling author and trusted spiritual adviser offers a follow-up to his classic *Care of the Soul*.**

Something essential is missing from modern life. Many who've turned away from religious institutions—and others who have lived wholly without religion—hunger for more than what contemporary secular life has to offer but are reluctant to follow organized religion's strict and often inflexible path to spirituality. In *A Religion of One's Own*, bestselling author and former monk Thomas Moore explores the myriad possibilities of creating a personal spiritual style, either inside or outside formal religion.

Two decades ago, Moore's *Care of the Soul* touched a chord with millions of readers yearning to integrate spirituality into their everyday lives. In *A Religion of One's Own*, Moore expands on the topics he first explored shortly after leaving the monastery. He recounts the benefits of contemplative living that he learned during his twelve years as a monk but also the more original and imaginative spirituality that he later developed and embraced in his secular life. Here, he shares stories of others who are creating their own path: a former football player now on a spiritual quest with the Pueblo Indians, a friend who makes a meditative practice of floral arrangements, and a well-known classical pianist whose audiences sometimes describe having a mystical experience while listening to her performances. Moore weaves their experiences with the wisdom of philosophers, writers, and artists who have rejected materialism and infused their secular lives with transcendence.

At a time when so many feel disillusioned with or detached from organized religion yet long for a way to move beyond an exclusively materialistic, rational lifestyle, *A Religion of One's Own* points the way to creating an amplified inner life and a world of greater purpose, meaning, and reflection.

**A Religion of One's Own: A Guide to Creating a Personal Spirituality in a Secular World** By Thomas Moore **Bibliography**

- Sales Rank: #53422 in Books
- Published on: 2015-01-06
- Released on: 2015-01-06
- Original language: English
- Number of items: 1
- Dimensions: 8.10" h x .75" w x 5.40" l, 1.00 pounds
- Binding: Paperback
- 288 pages

 [\*\*Download\*\* A Religion of One's Own: A Guide to Creating ...pdf](#)

 [\*\*Read Online\*\* A Religion of One's Own: A Guide to Creatin ...pdf](#)

## Download and Read Free Online A Religion of One's Own: A Guide to Creating a Personal Spirituality in a Secular World By Thomas Moore

---

### Editorial Review

Review

#### PRAISE FOR THE HARDCOVER

When [Moore] is read closely, his depth is apparent...he stands to make some new converts to the noninstitutional ranks of spirituality. — **Publisher's Weekly**

"[*A Religion of One's Own*] offers a new vision of how seekers can fashion their own connection to the sacred out of the materials of ancient faiths and everyday life."

—*Psychology Today*

"Practical suggestions for crafting one's own religion."

—*Monadnock Ledger-Transcript*

"[Moore's] counsel is consistently sensible and affirming. This book should appeal to many of the unchurched, as well as the faithful across traditions."

—*Library Journal*

"When [Moore] is read closely, his depth is apparent...he stands to make some new converts to the noninstitutional ranks of spirituality."

—*Publishers Weekly*

[Moore] offers a new vision of how seekers can fashion their own connection to the sacred out of the materials of ancient faiths and everyday life. — **Psychology Today**

[Moore's] counsel is consistently sensible and affirming. This book should appeal to many of the unchurched, as well as the faithful across traditions. — **Library Journal**

Practical suggestions for crafting one's own religion. — **Monadnock Ledger-Transcript**

In these reductive and fundamentalist times, Thomas Moore asks us to question the workings of a sun-bright culture, which demands our happy, healthy productivity at perhaps the cost of our very soul. — **Andre Dubus III, author of HOUSE OF SAND AND FOG**

Thomas Moore is one of the profound spiritual writers of our time. We've all been discouraged by neat, tidy self-help dogmatism, and Moore refuses to succumb to the commercialism of simplistic, superficial, and subjective solutions. Moore helps us see expectations and is always on the side of abundant life. — **John Bradshaw, author of #1 New York Times bestseller HOMECOMING**

Thomas Moore is an authentic example of a new kind of therapist--a doctor of the soul--which in our century has been in short supply. — **Larry Dossey, MD, author of MEANING & MEDICINE and BEYOND ILLNESS**

Thoughtful, elegant, inspiring. — **San Francisco Chronicle**

All of us go through troubled times, when we lie awake at night unable to sleep, wishing we had a

comforting book to read. Now you do. DARK NIGHTS OF THE SOUL brings solace to the aching heart. — **Marianne Williamson, author of EVERDAY GRACE and A RETURN TO LOVE**

Thomas Moore is the master of conveying the insight that the dark times in our lives are not threats but friends and teachers. — **Rabbii Harold Kushner, author of WHEN BAD THINGS HAPPEN TO GOOD PEOPLE**

PRAISE FOR CARE OF THE SOUL

Many thanks to Thomas Moore for these profound and timely insights. ...Genuinely inspirational.

— **Kevin McCarthy, Bloomsbury Review**

Invigorating, demanding, and revolutionary. — **Publisher's Weekly**

I soulfully recommend it without reservation. — **John Bradshaw, author of HOMECOMING**

About the Author

**Thomas Moore** was a monk for twelve years, a musician, a university professor, and a psychotherapist. He writes regularly for *Psychology Today*, *The Huffington Post*, *Spirituality & Health*, and *Resurgence Magazine*. He lectures widely on holistic medicine, spirituality, psychotherapy, and the arts. Moore has been awarded numerous honors, including the Humanitarian Award from Albert Einstein College of Medicine of Yeshiva University and an honorary doctorate from Lesley University. Thomas is the author of eighteen previous books, including *Care of the Soul*, *Soul Mates*, and *Dark Nights of the Soul*. He lives in New Hampshire.

## Users Review

**From reader reviews:**

**Cynthia Miller:**

This A Religion of One's Own: A Guide to Creating a Personal Spirituality in a Secular World book is not really ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book is definitely information inside this guide incredible fresh, you will get details which is getting deeper an individual read a lot of information you will get. This specific A Religion of One's Own: A Guide to Creating a Personal Spirituality in a Secular World without we understand teach the one who reading it become critical in pondering and analyzing. Don't possibly be worry A Religion of One's Own: A Guide to Creating a Personal Spirituality in a Secular World can bring once you are and not make your carrier space or bookshelves' come to be full because you can have it inside your lovely laptop even mobile phone. This A Religion of One's Own: A Guide to Creating a Personal Spirituality in a Secular World having good arrangement in word and also layout, so you will not really feel uninterested in reading.

**Shane McKeel:**

Reading can called brain hangout, why? Because if you find yourself reading a book mainly book entitled A Religion of One's Own: A Guide to Creating a Personal Spirituality in a Secular World your brain will drift away trough every dimension, wandering in every single aspect that maybe unidentified for but surely will end up your mind friends. Imaging every word written in a book then become one web form conclusion and

explanation which maybe you never get before. The A Religion of One's Own: A Guide to Creating a Personal Spirituality in a Secular World giving you another experience more than blown away your thoughts but also giving you useful information for your better life with this era. So now let us teach you the relaxing pattern this is your body and mind is going to be pleased when you are finished examining it, like winning an activity. Do you want to try this extraordinary paying spare time activity?

#### **Sophia Whitfield:**

A Religion of One's Own: A Guide to Creating a Personal Spirituality in a Secular World can be one of your starter books that are good idea. All of us recommend that straight away because this book has good vocabulary that can increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The copy writer giving his/her effort to set every word into joy arrangement in writing A Religion of One's Own: A Guide to Creating a Personal Spirituality in a Secular World nevertheless doesn't forget the main point, giving the reader the hottest along with based confirm resource details that maybe you can be certainly one of it. This great information can drawn you into fresh stage of crucial considering.

#### **Guadalupe Hauser:**

This A Religion of One's Own: A Guide to Creating a Personal Spirituality in a Secular World is brand new way for you who has curiosity to look for some information given it relief your hunger info. Getting deeper you in it getting knowledge more you know otherwise you who still having tiny amount of digest in reading this A Religion of One's Own: A Guide to Creating a Personal Spirituality in a Secular World can be the light food for yourself because the information inside this kind of book is easy to get by simply anyone. These books build itself in the form that is reachable by anyone, sure I mean in the e-book form. People who think that in guide form make them feel sleepy even dizzy this publication is the answer. So there is not any in reading a e-book especially this one. You can find actually looking for. It should be here for you actually. So , don't miss that! Just read this e-book style for your better life and also knowledge.

**Download and Read Online A Religion of One's Own: A Guide to Creating a Personal Spirituality in a Secular World By Thomas Moore #HDQPL30JRIA**

# **Read A Religion of One's Own: A Guide to Creating a Personal Spirituality in a Secular World By Thomas Moore for online ebook**

A Religion of One's Own: A Guide to Creating a Personal Spirituality in a Secular World By Thomas Moore Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read A Religion of One's Own: A Guide to Creating a Personal Spirituality in a Secular World By Thomas Moore books to read online.

## **Online A Religion of One's Own: A Guide to Creating a Personal Spirituality in a Secular World By Thomas Moore ebook PDF download**

**A Religion of One's Own: A Guide to Creating a Personal Spirituality in a Secular World By Thomas Moore Doc**

**A Religion of One's Own: A Guide to Creating a Personal Spirituality in a Secular World By Thomas Moore Mobipocket**

**A Religion of One's Own: A Guide to Creating a Personal Spirituality in a Secular World By Thomas Moore EPub**

**HDQPL30JRIA: A Religion of One's Own: A Guide to Creating a Personal Spirituality in a Secular World By Thomas Moore**