



# The Spirituality of Imperfection: Storytelling and the Search for Meaning

By Ernest Kurtz, Katherine Ketcham

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## The Spirituality of Imperfection: Storytelling and the Search for Meaning

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*I Am Not Perfect* is a simple statement of profound truth, the first step toward understanding the human condition, for to deny your essential imperfection is to deny yourself and your own humanity. The spirituality of imperfection, steeped in the rich traditions of the Hebrew prophets and Greek thinkers, Buddhist sages and Christian disciples, is a message as timeless as it is timely. This insightful work draws on the wisdom stories of the ages to provide an extraordinary wellspring of hope and inspiration to anyone thirsting for spiritual growth and guidance in these troubled times.

Who are we? Why do we so often fall short of our goals for ourselves and others? By seeking to understand our limitations and accept the inevitability of failure and pain, we begin to ease the hurt and move toward a greater sense of serenity and self-awareness. *The Spirituality Of Imperfection* brings together stories from many spiritual and philosophical paths, weaving past traditions into a spirituality and a new way of thinking and living that works today. It speaks so anyone who yearns to find meaning within suffering. Beyond theory and technique, inside this remarkable book you will find a new way of thinking, a way of living that enables a truly human existence.

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**The Spirituality of Imperfection: Storytelling and the Search for Meaning By Ernest Kurtz, Katherine Ketcham Bibliography**

- Sales Rank: #22177 in Books
- Brand: Kurtz, Ernest/ Ketcham, Katherine
- Published on: 1993-12-01
- Released on: 1993-12-01
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 8.25" h x .68" w x 5.26" l, .50 pounds
- Binding: Paperback
- 304 pages

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The aim of this book is to explain the underlying spiritual--although not necessarily religious--principles of Alcoholics Anonymous. Part 1 presents the emphasis of this spirituality, which is the recognition and especially the acceptance of humans as imperfect beings. Part 2 tells how the founders of AA put spirituality to use. Part 3 discusses the benefits: release, gratitude, humility, tolerance, and forgiveness. On nearly every page, the authors retell stories and provide anecdotes from various sources: ancient Christian, Muslim, Jewish, Greek, and more. One need not have an interest in AA to benefit from this fine introduction to spirituality. This is recommended.

- *John Moryl, Yeshiva Univ. Lib., New York*

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#### Review

"An inspiring guide, offering comfort...to those who want to stop striving for perfection and start living."--*Publishers Weekly*

"A brilliant anthology of wisdom stories from all the great traditions centered around a most compelling and discerning issue."--M. Scott Peck

#### From the Publisher

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