



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

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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