



Stumbling Toward the Buddha: Stories about Tripping over My Principles on the Road to Transformation

Dawn Downey

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A seeker examines her foibles and accidentally makes peace with politicians, family violence, and the emptiness of life. In this collection of autobiographical essays, Dawn Downey chronicles a spiritual journey that leads her from revelations at a Buddhist monastery to transcendence at a Baptist church. She loses her way in the foothills of California and discovers oneness in the high desert of Colorado. En route, she struggles to make sense of a depression that rises from sources lost to her memory and, years later, uncovers the hidden cause: childhood abuse. Neither mysticism nor meditation delivers up enlightenment, but they push her dangerously close to self-actualization. Downey confesses to feelings she's not proud of, but she finds redemption in the middle of the muck. A book for readers who love inspiration with a pinch of humor.

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