



Essential Spirituality: The 7 Central Practices to Awaken Heart and Mind

Roger Walsh

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Based on over twenty years of research and spiritual practice, this is a groundbreaking and life-changing book. In his decades of study, Dr. Roger Walsh has discovered that each of the great spiritual traditions has both a common goal and seven common practices to reach that goal: recognizing the sacred and divine that exist both within and around us. Filled with stories, exercises, meditations, myths, prayers, and practical advice, Essential Spirituality shows how you can integrate these seven principles into one truly rewarding way of life in which kindness, love, joy, peace, vision, wisdom, and generosity become an ever-growing part of everything you do.

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