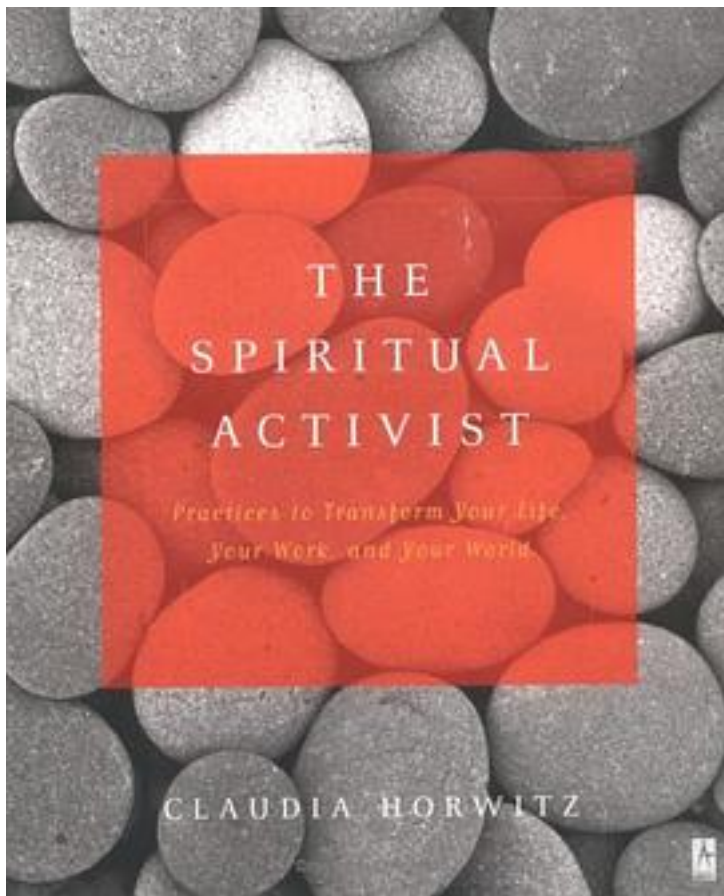


The Spiritual Activist



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著者:Claudia Horwitz

出版者:Penguin (Non-Classics)

出版时间:2002-08-27

装帧:Paperback

isbn:9780142196069

Burnout is a risk for social workers, teachers, non-profit administrators, volunteers, trainers, artists, and anyone who is trying to make a difference in their world. Claudia Horwitz, who has more than fifteen years of experience working for social justice, believes that faith and spiritual practice play a vital role in the ongoing struggle for

change.

The Spiritual Activist is a practical guide to individual and social transformation through spirituality and faith. It will help you to make opportunities to slow down, to build stronger relationships at home and at work, and to embrace the world around you. Horwitz shows you how to use reflection, ritual, silence, movement, and the happenings of daily life to help you find unity between your inner journeys and outer commitments. Each chapter contains:

- * easy activities to help you reconnect with your core values, beliefs, and sources of strength
- * questions for reflection
- * resources
- * stories from socially conscious leaders discussing their own spiritual life and practices

作者介绍:

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