



Spiritual RX: Prescriptions for Living a Meaningful Life

Frederick Brussat, Mary Ann Brussat

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Now available in paperback and from the authors of the bestselling *Spiritual Literacy* comes "a marvelous guide that translates 'feeling spiritual' into 'being spiritual'" (Larry Dossey, M.D., author of *Reinventing Medicine*).

In their bestselling book *Spiritual Literacy*, the Brussats introduced an alphabet of spiritual practices, from Attention and Beauty through Imagination and Play. Now, in *Spiritual Rx*, the Brussats describe the best ways to explore 37 essential practices, including identifying key teachers, recommending books to read, art works and videos to view, tapes to hear, plus much much more.

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