



Seeking the Sacred: Transforming Our View of Ourselves and One Another

Stephanie Dowrick

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Whether you are a spiritual seeker, or simply curious, *Seeking the Sacred* is a book that speaks to your deepest longings and needs. It also affirms a view of humankind that is at once inclusive, uplifting and respectful. This is spirituality in action, literally transforming how we see the world, ourselves, and one another. Its wholehearted realization of the sacred supports people to value their own and other people's lives in new ways, urging them to reappraise their beliefs and strengths, and offering genuine answers to the profound question, "What is a good life?" Combining deeply considered ideas with many personal stories - including Stephanie Dowrick's own - *Seeking the Sacred* brings a much needed change in perspective to the highly contemporary religion debates. More powerfully and personally, it affirms each reader's desires to live a life that is meaningful, connected, healing and rewarding.

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