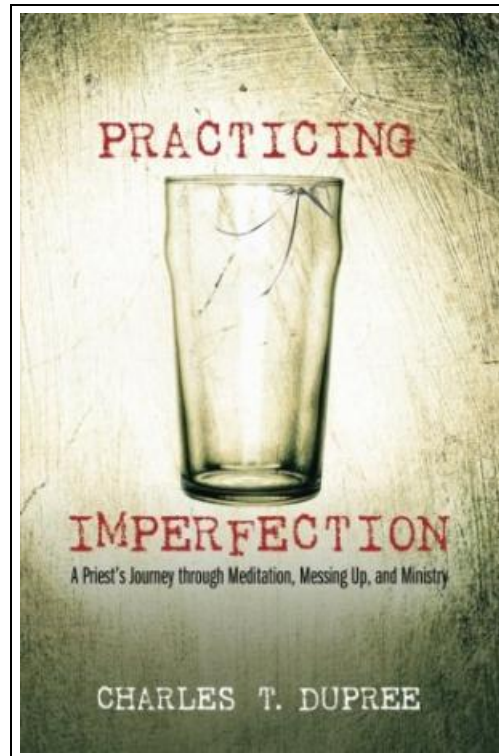


Practicing Imperfection (Paperback)



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Reviews

Definitely one of the best book I actually have ever go through. Sure, it can be perform, nonetheless an amazing and interesting literature. I found out this pdf from my dad and i suggested this book to discover.

(Ms. Chanel Streich)

PRACTICING IMPERFECTION (PAPERBACK)



Resource Publications (CA), 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. To know life is to look at it honestly. Practicing Imperfection is a candid exploration of one person's move from being addicted to praise and perfection to becoming more comfortable in his own skin. Through humor and a healthy dose of sarcasm, Practicing Imperfection shares the journey of Episcopal priest Charles Dupree in developing a consistent, sustainable, meditation practice. Dupree describes how the ancient practice of meditation can bring about a healthier, happier, more awakened existence, and what, for him, has been a healing balm in a busy world and demanding vocation. Drawing from childhood experiences, a recent sabbatical, and the experiences of serving as a parish priest, Dupree examines some of life's larger questions. As an Episcopal priest, he is clearly religious, but also wholeheartedly spiritual. Uniting those seemingly conflicted qualities, he helps us see that we are all looking for the same thing: freedom from that which no longer serves us. In our modern world, it is difficult to carve out the space to examine what is going on in our lives and minds; meditation is a way to create that space. This is a book for people who want to be released from the pressures of being better, smarter, or more successful, and those who want to lighten up and be a fuller participant in life. Charles T. Dupree's Practicing Imperfection is a brief and delightful introduction to the practice and value of active meditation, of paying attention to the bountiful gifts held out to each of us in the precious moments we're allotted in life. Written with wit and charm, and in the accessible currency of everyday vernacular, this book is the work of...



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