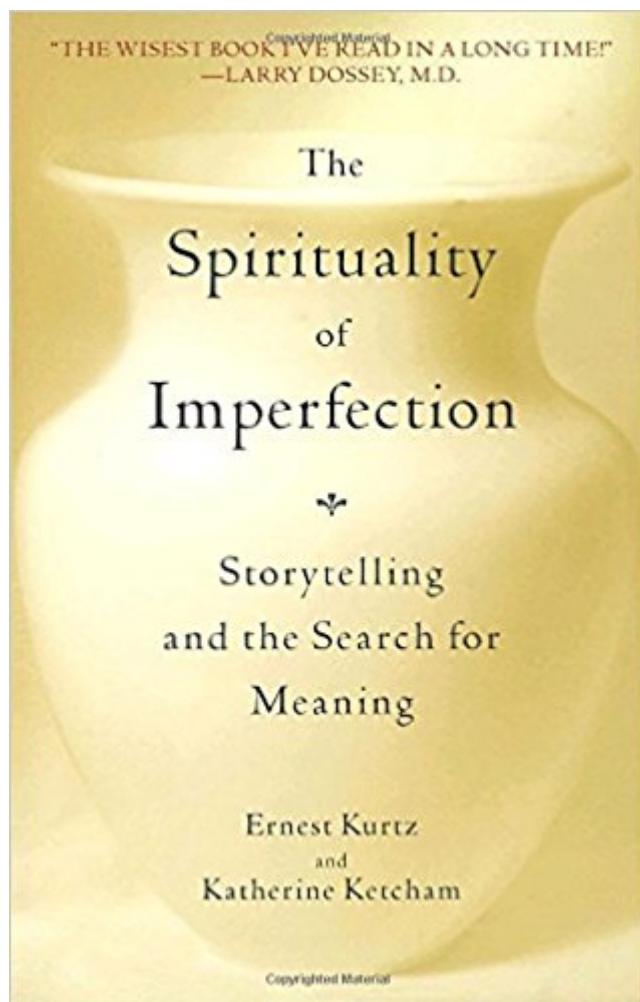


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# The Spirituality Of Imperfection: Storytelling And The Search For Meaning



## Synopsis

I Am Not Perfect is a simpleÂ Â statement of profound truth, the first step towardÂ Â understanding the human condition, for to denyÂ Â your essential imperfection is to deny yourself andÂ Â your own humanity. The spirituality ofÂ Â imperfection, steeped in the rich traditions of the HebrewÂ Â prophets and Greek thinkers, Buddhist sages andÂ Â Christian disciples, is a message as timeless as it isÂ Â timely. This insightful work draws on the wisdomÂ Â stories of the ages to provide an extraordinaryÂ Â wellspring of hope and inspiration to anyoneÂ Â thirsting for spiritual growth and guidance in theseÂ Â troubled times. Who are we? Why soÂ Â we so often fall short of our goals for ourselvesÂ Â and others? By seeking to understand ourÂ Â limitations and accept the inevitability of failure and pain,Â Â we being to ease the hurt and move toward aÂ Â greater sense of serenity and self-awareness.Â Â The Spirituality Of Imperfection bringsÂ Â together stories from many spiritual andÂ Â philosophical paths, weaving past traditions into aÂ Â spirituality and a new way of thinking and living thatÂ Â works today. It speaks so anyone who yearns to findÂ Â meaning within suffering. Beyond theory andÂ Â technique, inside this remarkable book you will find aÂ Â new way of thinking, a way of living that enablesÂ Â a truly human existence.

## Book Information

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## Customer Reviews

The aim of this book is to explain the underlying spiritual--although not necessarily religious--principles of Alcoholics Anonymous. Part 1 presents the emphasis of this spirituality, which is the recognition and especially the acceptance of humans as imperfect beings. Part 2 tells how the founders of AA put spirituality to use. Part 3 discusses the benefits: release, gratitude,

humility, tolerance, and forgiveness. On nearly every page, the authors retell stories and provide anecdotes from various sources: ancient Christian, Muslim, Jewish, Greek, and more. One need not have an interest in AA to benefit from this fine introduction to spirituality. This is recommended.- John Moryl, Yeshiva Univ. Lib., New YorkCopyright 1992 Reed Business Information, Inc. --This text refers to the Audio CD edition.

"An inspiring guide, offering comfort...to those who want to stop striving for perfection and start living."--Publishers Weekly "A brilliant anthology of wisdom stories from all the great traditions centered around a most compelling and discerning issue."--M. Scott Peck

Probably the most thought-provoking and life-changing book I have ever read. You don't have to be an alcoholic to appreciate this book (I am not), but being down on yourself seems to open up your mind to the peculiar lessons this book is teaching. It is hard to tell whether Kurtz and Ketcham observed the spirituality in the members and founders of Alcoholics Anonymous that inspired them to write a book about the search for spirituality or whether they were searching for spirituality and found the members and founders of AA to be the perfect examples. In any case, this book defies categories. It is not a self-help book although it provides more insight and opportunities to really see yourself than any other book I have ever read. It is not a historical book although the founders of AA figure prominently. It is not a collection of stories although there are over 100 tales that not just provide illustration but often enough actually just make the point, so no further explanation is necessary. It is not a religious treatise although God is mentioned repeatedly. Mostly it is just a musing or meandering on spirituality, on the human condition, on life.

Most of us, regardless of our faith background, have trouble accepting ourselves as imperfect beings. There's a lot of pressure, internal and external to think we won't be accepted or loved if we admit our weaknesses. The description of the book provides a much better overview than I can in a review, but I highly recommend this for almost anyone who wants to be more authentic, caring and accepting of self and others. It is not Protestant, Catholic, Jewish, Islamic or any other religion; it is for all human beings who, by their nature, struggle to accept who they really are in order that they can be more.

Have read this book many times. Great, great quotes from many perspectives. Sound, inspiring, and common sense approach to life's challenges and ways to process and to let go. Well-written. Those

of us who have read it in my circle refer to it as the Bible of Every Day Life. A good tool to keep close at hand. Aimed at AA and recoveryÃ¢Â|don't let that put you off if you are not part of a recovery club. In reality we are all recovering from our previous experiences--childhood, divorce, illnesses, abuses, difficult relationships, religion, poor thinking skills--read it NOW! Share it with those you both love andÃ¢Â| struggle withÃ¢Â|and use it to have a different kind of conversation.

This book emphasizes the importance of storytelling in passing down and sharing our values with our friends and family. It is important in this day and age to TALK to each other and share our ideas verbally, since it is easy to become addicted to our electronics and 'talk' to them instead. It also shares insight into 'being human'. I find that of great value. If you are interested in 'who we are as humans' and personal choices as a human, I recommend this book.

If you are a person who is dedicated to their doctrines, this book may not be for you. But if you can see God's truth beyond the four corners of a contract, be prepared to be stretched!

AA.....something for everyone who is searching for life.

Reading and rereading the stories within the story. It isn't that I don't comprehend what I am reading, it's that it fits so perfectly with my way of thinking. I have retold many of the stories also.

We are one. I've said this for years. With this book I might just believe it. And I can believe that I am part of the One.

The Spirituality of Imperfection is a tangible reflection of the true essence of learning to be "human." One of the finest writings I have come across. I read this book when it first sold in print, and I still refer to this book even today!!!! I shared a story to my Son two days ago, from this magnificent book. Anyone seeking Truth, Spirituality, Humaness, and Yes, even Love or unconditional regard would be wise to add this information to your search on this journey we call Life. Linda Ann Reynolds, Ed.S.

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