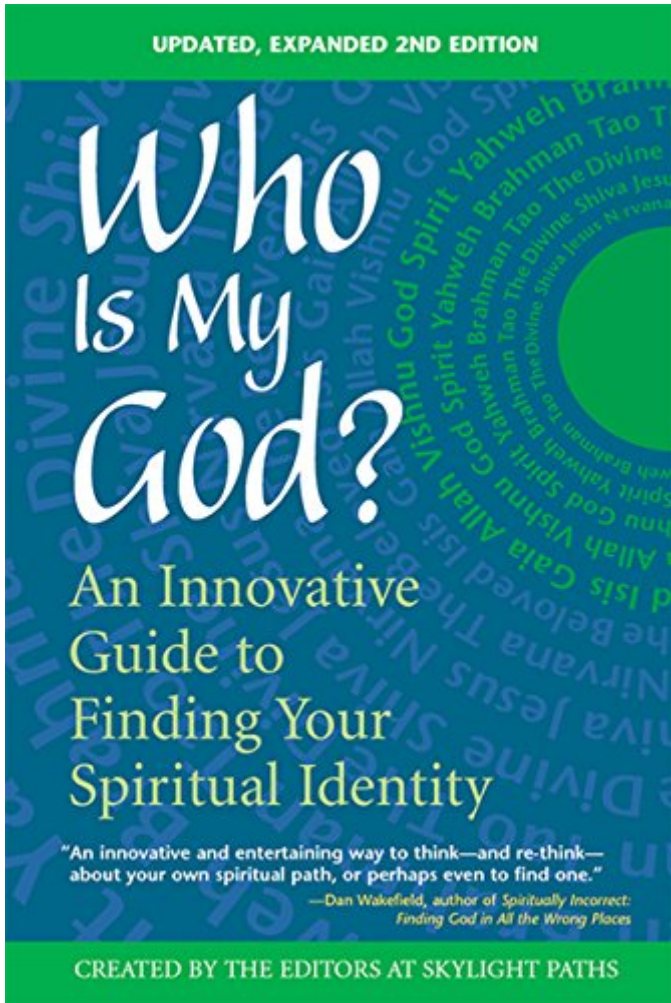


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Who Is My God? (2nd Edition): An Innovative Guide To Finding Your Spiritual Identity



Synopsis

The Innovative Guide to Spiritual Self-Discovery Your Spiritual Identity is an undeniable part of who you are whether you've thought much about it or not, and whether you consider yourself religious or not. Spirituality is not just about what you believe or don't believe, it's about how you believe how you approach the ultimate questions and mystery of life, and what you think those questions are. Who Is My God? is a tool for discovering and exploring your own unique spirituality. You can take the Spiritual Identity Self-Test to find out how: Your Spiritual Type (how you believe) Your Tradition Indicator (what you believe) Your Spiritual Identity And, when you learn more about your Spiritual Identity from the results of the self-test, you can continue your own spiritual search by using the descriptions of twenty-eight different spiritual traditions followed in America today from Buddhism to Roman Catholicism, from Sufism to New Consciousness. For each of them, there are People You Should Know who are representative of that tradition, specific suggestions for further exploration, and contact information. Here is a guide to help you walk the path that is your way. Attention: Spiritual directors, professional counselors, and clergy of all faiths and denominations. Who Is My God? is a proven resource for beginning spirituality conversations, suitable for a variety of settings. An ability to discuss religion your religious background and beliefs is essential for psychological, spiritual, and emotional growth.

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Customer Reviews

This book is a wonderful starting point if you are trying to find your spirituality or explore it fully. There's two tests in the book. The first tests to see your "spiritual type" or how you show your belief. The second test is for "tradition indicator" or what you believe. The results for the second part is broken down into, I think seven faiths. The results, for me were quite accurate. The book then goes on to give brief descriptions of each faith as well as resources to do further research. I highly recommend this book if you are trying to find your spirituality.

This book I can only praise, I have used the two surveys several times in group settings. As well as borrowed to many people. The surveys are quick and easy, and give you a fairly accurate idea of your Spiritual type (which is essentially how you "believe" or "approach belief") and what type or category of religions/spiritualities you may like. In which it covers most, though leaving out Daoism, which I still find odd. This is a good book to help put someone who is seeking on probably the right path, or atleast a path which will lead them to what they seek. I highly recommend it!

Very comprehensive there are some religions that are missing but I think the overall idea of your beliefs surfaces. This is a great book if you know you believe in something and that there are probably people like you out there, you just aren't sure what it's called. PS--ignore all the distracting fanatics who say this book is blasphemy. They are part of the problem about why spirituality gets mucked up and only add to the confusion only with anger and unenlightened vitriol.

as a nurse i took it upon myself to learn a little bit more about the cultures/religions of others and i came across this book! and i have thoroughly enjoyed it! I love the perspectives the author takes and there is no bias anywhere in this text

Very well written

This fascinating book is quite different than any other book that I have ever read. It starts out with a

simple test that looks at your "Spiritual Identity." It allows you to question what you believe, as opposed to simply what religious group you belong to. After that, the book launches into a wide reaching description of many spiritual traditions. Hinduism and Buddhism are covered, as is Judaism. After that, the various Christian traditions are covered, as is Unitarianism. Now, does the above description sound like this book is "all over the road"? Well, it really isn't. The whole idea of the book is to question your spirituality, and look at other traditions. Overall, I found this to be a fascinating and quite eye-opening read. Even if you are not a seeker, looking for something new, you will enjoy this profound look at spirituality, and will feel your mind truly exercised. I highly recommend this book.

I found this book very nicely organized and the Self Test very useful indeed. However, I wonder why there is not even a mention of Taoism, the ancient spiritual path of China, and the basis of the increasingly popular form of "soft" martial art, Tai Chi Chuan. Some may argue that Taoism is more a philosophy, not a "religion" per se, but in some sense neither is Buddhism. Maybe the third edition could correct this omission? Otherwise, A-plus!

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