

Breathing Under Water Spirituality And The Twelve Steps

Minding the Earth, Mending the WorldThe Spirituality of ImperfectionBreathing UnderwaterBreathThings HiddenDivaA Hopeful HeartBreathing Under Water Companion JournalDrop the RockBreathing Under WaterThe Wisdom PatternYes, AndBreathing Under WaterEager to LoveEverything BelongsCoral CastlesImmortal DiamondBreathing in WaterThe Universal ChristEnvoy for ChristBreathing Under WaterThe Naked NowFrom Wild Man to Wise ManPeople of the Whale: A NovelThe Practice of Natural MovementBreathing UnderwaterAdam's ReturnJust BreatheFalling UpwardFalling UpwardUnbeatable MindThe Wim Hof MethodBreathing UnderwaterJust ThisRadical GraceThe Divine DanceWhat Do We Do about Evil?Wondrous EncountersThe Christian SacramentBreathing Underwater

Minding the Earth, Mending the World

Using Zen parables and personal experiences, Rohr leads readers beyond the techniques of prayer to a place where they can receive the gift of contemplation--and know that everything belongs.

The Spirituality of Imperfection

A collection of 4 short stories and 19 poems. ""In this collection we are at times faced with an honest and brutal critique of the world in which we find ourselves. Sweeping panoramic verses hover over the social, political and environmental issues that blight the planet. But lest we be quick to judge, Nick is not afraid to make the reader uncomfortable with the truth of our own complicity."" Alan Mann - Writer and Author

Breathing Underwater

Now a Major Motion Picture, Starring Simon Baker, Elizabeth Debicki, and Richard Roxburgh Breath is a story of risk, of learning one's limits by challenging death. On the wild, lonely coast of Western Australia, two thrill-seeking teenage boys fall under the spell of a veteran big-wave surfer named Sando. Their mentor urges them into a regiment of danger and challenge, and the boys test themselves and each other on storm swells and over shark-haunted reefs. The boys give no thought to what they could lose, or to the demons that drive their mentor on into ever-greater danger. Venturing beyond all caution--in sports, relationships, and sex--each character approaches a point from which none of them will return undamaged.

Breath

The author invites readers to be faithful, to turn to God, to reform their hearts and lives and to call their culture and Church to radical transformation, in a collection of 408 meditations that spans two decades and combines reflections from the author's popular lectures and published and unpublished writings. Reprint.

Things Hidden

How Buddhism can help solve our environmental challenges: "Though her book is dense with facts, it reads like poetry or a series of koans." —The Shambhala Sun We know that our earth is in crisis, but is the situation beyond repair? Are we on a path of planetary disaster where the only proper response is to prepare for our melancholic dystopian future? Is there a way out of our suspicious cynicism? In this book, a dharma heir of Robert Aitken Roshi uses this spiritual opportunity to change the very nature of our crisis—offering a profound message presented with clarity and assurance, and showing that engaged Buddhism provides a possible path to the necessary repair and healing.

Diva

A revised and updated edition of the author's earlier best-seller, *The Wild Man's Journey: Reflections on Male Spirituality* adds three chapters that discuss John the Baptist, Saint Paul and grief. Original.

A Hopeful Heart

A practical guide to letting go of the character defects that get in the way of true and joyful recovery. Resentment. Fear. Self-Pity. Intolerance. Anger. As Bill P. explains, these are the "rocks" that can sink recovery- or at the least, block further progress. Based on the principles behind Steps Six and Seven, *Drop the Rock* combines personal stories, practical advice, and powerful insights to help readers move forward in recovery. The second edition features additional stories and a reference section.

Breathing Under Water Companion Journal

"A middle-grade biography about literary icon Louisa May Alcott"--

Drop the Rock

Rohr's meditations on the daily readings of Lent are not for the sake of mere information, or even for academia (although the author hopes it will satisfy both), but for the sake of our transformation into our original "image and likeness," which is the very image of God. What always and finally matters for all of us is encounter! Father Rohr begins each meditation with a single title or phrase that sums up the point. Then he offers the meditation followed by key passages from the readings. He ends each meditation with a Starter Prayer that invites you to self-disclosure and to enter the wondrous divine dialogue with clarity, insight—and holy desire! "There are two moments that matter. One is when you know that your one and only life is absolutely valuable and alive. The other is when you know your life, as presently lived, is entirely pointless and empty. You need both of them to keep you going in the right direction. Lent is about both. The first such moment gives you energy and joy by connecting you with your ultimate Source and Ground. The second gives you limits and boundaries, and a proper humility, so you keep seeking the Source and Ground and not just your small self."—From the

Introduction

Breathing Under Water

Erwan Le Corre, creator of the world-renowned fitness system MovNat, is on a mission to reintroduce natural movement to our modern lives with the most ancient movement skill set: walking, running, balancing, jumping, crawling, climbing, swimming, lifting, carrying, throwing, catching, and self-defense. Try to imagine an out-of-shape tiger stepping on an exercise machine to get a workout. It doesn't make any sense, does it? Wild animals simply move the way nature intended, and they become powerful, healthy, and free in the process. So why should it be any different for us? We have become "zoo-humans," separated from nature and living movement-impoverished, unnatural lifestyles. As a result, we are suffering physically, mentally, and spiritually. Exercise has become artificial and boring--a chore, if not a punishment. We are training parts of our bodies, not the whole, and we have lost our drive for movement. What we need is not a better understanding of exercise physiology or more variety in fitness programs and modalities. What we need is simplicity, meaning, purpose, inspiration, and enjoyment. We need to get back to natural movement. In *The Practice of Natural Movement*, Le Corre demonstrates our innate and versatile ability to perform practical and adaptable movements. With countless techniques and movement variations, as well as strategies for practicing anytime and anywhere, he will inspire you to build a naturally strong and flexible body and to form yourself anew into a mindful, skillful, and physically capable human being.

The Wisdom Pattern

We are all addicted in some way. When we learn to identify our addiction, embrace our brokenness, and surrender to God, we begin to bring healing to ourselves and our world. In *Breathing Under Water*, Richard Rohr shows how the gospel principles in the Twelve Steps can free anyone from addiction - from an obvious dependence on alcohol or drugs to the more common but less visible addiction that we all have to sin. 'A must-read for any person who recognizes the need to go "inward" on their soul's journey to question what their relationship is with God, themselves, and others.' The Cord 'Rohr is a perfect writer on the subject of the 12 Steps. His easy-to-read book is essentially a commentary on each of the steps, with twelve chapters and a postscript that concisely tackles the big religious questions of human suffering, suffering with which addicts and their families are intimately acquainted. Jesus, Rohr answers, is no stranger to suffering . . . This is a good book for those in recovery from addiction and those who love them. Publishers Weekly 'Richard Rohr continues to guide us to greater wholeness . . . his books have helped countless souls, especially those who struggle with issues of brokenness and seek transformation.' National Catholic Reporter

Yes, And

As a young traveler, Julie Hopper often replaced her heartbreak with a new adventure. That is until she experiences an instant soul connection with a thirty-two-year old Scottish/Italian Learjet pilot. His sudden and unexplained

disappearance leaves her in a wake of devastation, before realizing that she's on an unfamiliar spiritual path of signs, visions and message dreams. When she has a chance meeting sixteen years later with yet another thirty-two-year old Scottish Learjet pilot, she knows that the Universe is demanding her attention. Their intensely deep soul connection, the synchronicities between them and the similarities between both of the pilots in her life, she knows that their meeting is no coincidence. Raised in the slums of Glasgow by a brutally abusive step-father, love is an emotion that has only betrayed Brayden. The mystical messages and synchronicities that follow, take her on a thought provoking journey spanning three continents into Saudi Arabia, as she struggles to break through his barriers in an attempt to regain his trust and belief in love.

Breathing Under Water

NEW YORK TIMES BESTSELLER • From one of the world's most influential spiritual thinkers, a long-awaited book exploring what it means that Jesus was called "Christ," and how this forgotten truth can restore hope and meaning to our lives. "Anyone who strives to put their faith into action will find encouragement and inspiration in the pages of this book."—Melinda Gates In his decades as a globally recognized teacher, Richard Rohr has helped millions realize what is at stake in matters of faith and spirituality. Yet Rohr has never written on the most perennially talked about topic in Christianity: Jesus. Most know who Jesus was, but who was Christ? Is the word simply Jesus's last name? Too often, Rohr writes, our understandings have been limited by culture, religious debate, and the human tendency to put ourselves at the center. Drawing on scripture, history, and spiritual practice, Rohr articulates a transformative view of Jesus Christ as a portrait of God's constant, unfolding work in the world. "God loves things by becoming them," he writes, and Jesus's life was meant to declare that humanity has never been separate from God—except by its own negative choice. When we recover this fundamental truth, faith becomes less about proving Jesus was God, and more about learning to recognize the Creator's presence all around us, and in everyone we meet. Thought-provoking, practical, and full of deep hope and vision, *The Universal Christ* is a landmark book from one of our most beloved spiritual writers, and an invitation to contemplate how God liberates and loves all that is.

Eager to Love

Yes, and is an excellent daily prayer resource for fans of Richard Rohr's work, and those who are looking for an alternate way to live out their faith--a way centered in the open-minded search for spiritual relevance of a transforming nature. This perennial book features daily meditations, each written by Rohr and adapted or excerpted from his many written and recorded works.

Everything Belongs

"A fresh way of thinking about spirituality that grows throughout life. In *Falling Upward*, Fr. Richard Rohr seeks to help readers understand the tasks of the two halves of life and to show them that those who have fallen, failed, or "gone down" are the only ones who understand "up." Most of us tend to think of the second half

of life as largely about getting old, dealing with health issues, and letting go of life, but the whole thesis of this book is exactly the opposite. What looks like falling down can largely be experienced as "falling upward." In fact, it is not a loss but somehow actually a gain, as we have all seen with elders who have come to their fullness. Explains why the second half of life can and should be full of spiritual richness Offers a new view of how spiritual growth happens loss is gain Richard Rohr is a regular contributing writer for Sojourners and Tikkun magazines This important book explores the counterintuitive message that we grow spiritually much more by doing wrong than by doing right."--

Coral Castles

"Deeply ecological, original, and spellbinding." —Booklist, starred review Raised in a remote seaside village, Thomas Witka just marries Ruth, his beloved since infancy. But an ill-fated decision to fight in Vietnam changes his life forever: cut off from his Native American community, he fathers a child with another woman. When he returns home a hero, he finds his tribe in conflict over the decision to hunt a whale, both a symbol of spirituality and rebirth and a means of survival. In the end, he reconciles his two existences, only to see tragedy befall the son he left behind.

Immortal Diamond

Drawn from the Gospels, Jesus, Paul, and the great Christian contemplatives, this examination reveals how many of the hidden truths of Christianity have been misunderstood or lost and how to read them with the eyes of the mystics rather than interpreting them through rational thought.

Breathing in Water

INSTANT NEW YORK TIMES BESTSELLER The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. "This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom." —Wim Hof Wim Hof has a message for each of us: "You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation." With The Wim Hof Method, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as "The Iceman" for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares his method and his story, including:

- Breath—Wim's unique practices to change your body chemistry, infuse yourself with energy, and focus your mind
- Cold—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body's untapped strength
- Mindset—Build your willpower, inner clarity, sensory

awareness, and innate joyfulness in the miracle of living • Science—How users of this method have redefined what is medically possible in study after study • Health—True stories and testimonials from people using the method to overcome disease and chronic illness • Performance—Increase your endurance, improve recovery time, up your mental game, and more • Wim’s Story—Follow Wim’s inspiring personal journey of discovery, tragedy, and triumph • Spiritual Awakening—How breath, cold, and mindset can reveal the beauty of your soul Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. “This is how we will change the world, one soul at a time,” Wim says. “We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction.” If you’re ready to explore and exceed the limits of your own potential, The Wim Hof Method is waiting for you.

The Universal Christ

Don’t miss this timely contemporary young adult novel from Alex Flinn, the #1 New York Times bestselling author of *Beastly*, about a teenage boy’s struggle to break free from the cycle of abuse. “Gripping.” —Publishers Weekly Intelligent, popular, handsome, and wealthy, sixteen-year-old Nick Andreas is pretty much perfect—on the outside, at least. What no one knows—not even his best friend—is the terror and anger that Nick faces every time he is alone with his father. Then he and Caitlin fall in love, and Nick thinks his problems are over. Caitlin is the one person he can confide in, the only person who understands him. But when Nick’s anger and jealousy overtake him, things begin to spiral out of control and Nick realizes that he’s more his father’s son than he wants to be. Now Nick must confront his inner demons to stop the history of violence from repeating itself. Winner of the Black-Eyed Susan Award An ALA Top 10 Best Book for Young Adults An International Reading Association Young Adult Choices List Pick A New York Public Library Book for the Teen Age Pick

Envoy for Christ

With over 100 Five-Star Reviews, *Unbeatable Mind* (2nd Edition) has deeply impacted the lives of thousands of people seeking strength in their thinking, mental-state, and self-development with a curated package of tools and techniques not easily found anywhere else. In this revised and updated version of *Unbeatable Mind* (3rd Edition), Mark Divine offers his philosophy and methods for developing maximum potential through integrated warrior development. This work was created through trial and error proving to thousands of clients that they are capable of twenty times more than what they believe. The powerful principles for forging deep character, mental toughness and an elite team provided in this book are the foundation of the *Unbeatable Mind* 'working in' program of Divine's SEALFIT Academies and renowned Kokoro Camp. They are being employed by a growing number of coaches, professors, therapists, doctors and business professionals worldwide. > Commander Divine is a retired Navy SEAL and human performance expert who works with elite military, sport and corporate teams, SEAL / SOF candidates and others seeking to maximize their potential, leading to more balanced success and happiness. The training is leading to breakthroughs in all walks of life and and cultivating a robust community of practitioners. > This book

will specifically help you develop: > Mental clarity- to make better decisions while under pressure. > Concentration - to focus on the mission until victory is assured. > Awareness - to be more sensitive to your internal and external radar. > Leadership authenticity - to be a heart-centered leader and service oriented teammate. > Intuition - to learn to trust your gut and use mental imagery to your advantage. > Offensive "sheepdog" mindset - to avoid danger and stay one step ahead of the competition or enemy. > Warrior spirit - to deepen your willpower, intention and connection with your spiritual self.

Breathing Under Water

The author of Everything Belongs and Enneagram introduces a guide to male spirituality that is designed to initiate young men into life's most important lessons--life is hard, you are not that important, life is not about you, you are not in control, and you are going to die. Original.

The Naked Now

"We are indeed 'saved' by knowing and surrendering to this universal pattern of reality. Knowing the full pattern allows us to let go of our first order, trust the disorder, and, sometimes even hardest of all—to trust the new reorder. Three big leaps of faith for all of us, and each of a different character." —from the introduction A universal pattern can be found in all societies and in fact in all of creation. We see it in the seasons of the year; the stories of Scripture; the life, death, and resurrection of Jesus; the rise and fall of civilizations; and even in our own lives. In this new version of one of his earlier books, Father Richard Rohr illuminates the way understanding and embracing this pattern can give us hope in difficult times and the courage to push through messiness and even great chaos to find a new way of being in the world.

From Wild Man to Wise Man

In *Diva*, the companion to Alex Flinn's YA novel *Breathing Under Water*, Caitlin is dealing with a lot. She's living through the aftermath of an abusive relationship, she has a youth-obsessed mother who just doesn't understand her, and she's on a constant yo-yo diet to live up to the standards of her nitpicking friends. All Caitlin wants is to escape her not-so-glamorous life and pursue her dream of becoming a singer, but when she's accepted into the Miami High School of the Arts, her life doesn't magically become perfect. Yet despite some struggles to keep up with her competitive classmates and the distraction of cute new crush, Caitlin never loses her sense of humor and eventually gains the confidence to achieve her goals. Perfect for fans of such books as Carolyn Mackler's *The Earth, My Butt, and Other Big Round Things*.

People of the Whale: A Novel

The Practice of Natural Movement

Breathing Underwater

The Companion Journal helps those who have (and have not) read *Falling Upward* to engage more deeply with the questions the book raises. Using a blend of quotes, questions for individual and group reflection, stories, and suggestions for spiritual practices, it provides a wise guide for deepening the spiritual journey - at any time of life.

Adam's Return

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

Just Breathe

This work presents a brief treatment of baptism in the New Testament and the author's personal conception of the sacrament as a divine-human symbol. The most significant element of New Testament teaching on baptism is the emphasis on the principal agents: God/Father, Son/Christ and Spirit. Any satisfactory conception of the Christian sacrament must take into account the roles of the Three. William A. Van Roo is a Jesuit of the Wisconsin Province in the U.S.A. . He was a professor of theology in Gregorian University from 1951 to 1985 then professor emeritus

Falling Upward

'Only when the two come together, inner and outer authority, do we have true spiritual wisdom. We have for too long insisted on outer authority alone, without any teaching of prayer, inner journey and maturing consciousness. The results for the world and for religion have been disastrous . . . I offer these reflections to again unite what should never have been separated: sacred Scripture and Christian spirituality.' From The Introduction In this exploration of central themes of Scripture, Richard Rohr transforms the written word, discovering in these ancient texts a new and vital meaning, relevant and essential for modern Christians. He uncovers what the Bible says about morality, power, wisdom and the generosity of

God in a manner that demands a life-changing response from believers. Rohr offers his readers a Christian vision of abundance, grace and joy to counteract a world filled with scarcity, judgement and fear—a vision that can revolutionize how we relate to ourselves, others and the world.

Falling Upward

An evocative and emotionally powerful debut novel of life, death and learning to breathe in between. Sophie is an emerging Australian writer who is already receiving critical acclaim and has been named one of Triple j's '25 Under 25 who are nailing it!'. If you love stories by John Green, Rainbow Rowell or Melina Marchetta you will love this story. Nineteen minutes and eleven seconds separated us at birth. On the official documentation, he is older . . . Although it really has nothing to do with age. What it really means is that I am, and have always been, second. Ben and Grace Walker are twins. Growing up in a sleepy coastal town it was inevitable they'd surf. Always close, they hung out more than most brothers and sisters, surfing together for hours as the sun melted into the sea. At seventeen, Ben is a rising surf star, the golden son and the boy all the girls fall in love with. Beside him, Grace feels like she is a mere reflection of his light. In their last year of school, the world beckons, full of possibility. For Grace, finishing exams and kissing Harley Matthews is just the beginning. Then, one day, the unthinkable. The sun sets at noon and suddenly everything that was safe and predictable is lost. And everything unravels. Breathing Under Water is a lyrical and emotionally powerful novel about life, death and learning to breathe in between.

Unbeatable Mind

Francis of Assisi is one of the most beloved of all saints. Both traditional and entirely revolutionary, he was a paradox. He was at once down to earth and reaching toward heaven, grounded in the rich history of the Church while moving toward a new understanding of the world beyond. Globally recognized as an ecumenical teacher, Richard Rohr started out—and remains—a Franciscan friar. The loving, inclusive life and preaching of Francis of Assisi make him a recognizable and beloved saint across many faith traditions. He was, as Rohr notes, “a master of ‘making room for it’ and letting go of that which was tired or empty.” Francis found an “alternative way” to follow Jesus, one that disregarded power and privilege and held fast to the narrow path of the Gospel. Rohr helps us look beyond the birdbath image of the saint to remind us of the long tradition founded on his revolutionary, radical, and life-changing embrace of the teachings of Jesus. Rohr draws on Scripture, insights from psychology, and literary and artistic references, to weave together an understanding of the tradition as first practiced by St. Francis. Rohr shows how his own innovative theology is firmly grounded in the life and teaching of this great saint and provides a perspective on how his alternative path to the divine can deepen and enrich our spiritual lives. The audio edition of this book can be downloaded via Audible.

The Wim Hof Method

Dissolve the distractions of ego to find our authentic selves in God In his

bestselling book *Falling Upward*, Richard Rohr talked about ego (or the False Self) and how it gets in the way of spiritual maturity. But if there's a False Self, is there also a True Self? What is it? How is it found? Why does it matter? And what does it have to do with the spiritual journey? This book likens True Self to a diamond, buried deep within us, formed under the intense pressure of our lives, that must be searched for, uncovered, separated from all the debris of ego that surrounds it. In a sense True Self must, like Jesus, be resurrected, and that process is not resuscitation but transformation. Shows how to navigate spiritually difficult terrain with clear vision and tools to uncover our True Selves

Written by Father Richard Rohr, the bestselling author of *Falling Upward* Examines the fundamental issues of who we are and helps us on our path of spiritual maturity

Immortal Diamond (whose title is taken from a line in a Gerard Manley Hopkins poem) explores the deepest questions of identity, spirituality, and meaning in Richard Rohr's inimitable style.

Breathing Underwater

Apart from its physical benefits, the practice of T'ai Chi Ch'uan can foster emotional health and psychological well-being. Author Margaret Emerson, a longtime student and teacher of T'ai Chi, examines how the skills developed in the practice of T'ai Chi Ch'uan—awareness, concentration, mobility, and flexibility—can enrich our personal and professional lives. When integrated as a daily practice, T'ai Chi Ch'uan can enhance health, creativity, and encounters with friends, family, and strangers.

Just This

The Twelve Steps of Alcoholics Anonymous is America's most significant and authentic contribution to the history of spirituality, says Richard Rohr. He makes a case that the Twelve Steps relate well to Christian teaching and can rescue people who are drowning in addiction and may not even realize it. To survive the tidal wave of compulsive behavior and addiction, Christians must learn to breathe under water and discover God's love and compassion. In this exploration of Twelve Step spirituality, Rohr identifies the Christian principles in the Twelve Steps, connecting *The Big Book of Alcoholics Anonymous* with the gospel. He draws on talks he has given for over twenty years to people in recovery and those who counsel and live with people with addictive behavior. Rohr offers encouragement for becoming interiorly alive and inspiration for making one's life manageable for dealing with the codependence and dysfunction (sin) rampant in our society.

Radical Grace

Just This is a collection of brief and evocative meditations and practices. It invites us to cultivate the gift of waking up to the beauty of reality in all its glorious ordinariness. With his signature blend of contemplation, theology and pastoral sensitivity, Fr Richard Rohr creates a spaciousness for the soul to grow into a kind of seeing – one that goes far beyond merely looking, to recognizing and thus appreciating. This is the heart of contemplation, the centerpiece of any inner dialogue that frees us from the traps of our perceptions and preoccupations. The

contemplative mind does not tell us what to see; it teaches us how to see what we behold. Praise for Richard Rohr's *The Divine Dance*: 'A beautiful choreography for a life well-lived.' Bono, U2

The Divine Dance

What if changing our perception of God has the potential to change everything? God is not what you think. Visions of an angry, distant, moral scorekeeper or a supernatural Santa Claus handing out cosmic lottery tickets to those who attend the right church or say the right prayer dominate our culture. For many others, God has become irrelevant or simply unbelievable. In *The Divine Dance*, Fr. Richard Rohr (with Mike Morrell) points readers to an unlikely opening beyond this divinity impasse: the at-times forgotten, ancient mystery of the Trinity—God as utterly one, yet three. Drawing from Scripture, theology, and the deepest insights of mystics, philosophers, and sages throughout history, Fr. Rohr presents a compelling alternative to aloof and fairytale versions of God: One God, belovedly in communion, as All-Vulnerable, All-Embracing, and All-Given to you and me. *The Divine Dance* makes accessible and practicable the Christian tradition's most surprising gift: God as Community as Friendship as Dance. Are you ready to join in?

What Do We Do about Evil?

The Twelve Steps of Alcoholics Anonymous is America's most significant and authentic contribution to the history of spirituality, says Richard Rohr. He makes a case that the Twelve Steps relate well to Christian teaching and can rescue people who are drowning in addiction and may not even realize it. To survive the tidal wave of compulsive behavior and addiction, Christians must learn to breathe under water and discover God's love and compassion. In this exploration of Twelve Step spirituality, Rohr identifies the Christian principles in the Twelve Steps, connecting *The Big Book of Alcoholics Anonymous* with the gospel. He draws on talks he has given for over twenty years to people in recovery and those who counsel and live with people with addictive behavior. Rohr offers encouragement for becoming interiorly alive and inspiration for making one's life manageable for dealing with the codependence and dysfunction (sin) rampant in our society.

Wondrous Encounters

Over the past twenty-five years, Patrick Madrid has explained and defended the Catholic faith worldwide. *Envoy for Christ* is a fascinating look inside Catholic apologetics from Madrid's vantage point on the frontlines. A collection of written material that spans the author's career, Catholic thought is applied to a variety of apologetic issues, and in addition, Madrid will look at how he has applied Catholic truth to circumstances in his own life. With some of his earlier works, he will also explain how his thinking has changed and developed over the years. This is a summary of the legacy of Patrick Madrid's far-reaching public ministry.

The Christian Sacrament

Hailed by Tony Robbins as the "definitive breathwork handbook," *Just Breathe* will

teach you how to harness your breath to reduce stress, increase productivity, balance your health, and find the path to spiritual awakening. Big meeting jitters? Anxiety over a test or taxes? Hard time focusing? What if you could control your outcomes and change results simply by regulating your breath? In this simple and revolutionary guide, world-renowned pioneer of breathwork Dan Brulé shares the Breath Mastery technique that has helped people in more than fifty countries reduce anxiety, improve their health, and tap infinite stores of energy. Just Breathe reveals the truth that elite athletes, champion martial artists, Navy SEAL warriors, first responders, and spiritual yogis have always known—when you regulate your breathing, you can moderate your state of well-being. So if you want to clear and calm your mind and spark peak performance, the secret is just a breath away. Breathwork gives you the tools to achieve benefits in a wide range of issues including: managing acute/chronic pain; helping with insomnia, weight loss, attention deficit, anxiety, depression, trauma, and grief; improving intuition, creativity, mindfulness, self-esteem, and leadership; and much more. Recommended “for those who wish to destress naturally” (Library Journal), Just Breathe will help you utilize your breath to benefit your body, mind, and spirit.

Breathing Underwater

An event that puts River Novak's mother in a coma brings River back home to small-town Oklahoma from her big-city life in Boston. Each day her mother remains comatose, River becomes increasingly haunted by a single question: What is consciousness, exactly? There's no sign of Loretta residing in her hospitalized body. The welcomed distraction of running her mother's cattle supply store puts her in unwelcome proximity to the store manager, Luke, whom she decides is the ignorant type. But, stumbling into a relationship with him compels her to question what she really knows about people like him. A stream of traumatic events that follow, forces River to rely on something greater than her strong rational mind to navigate the rising tide. Just when she thinks she won't survive another crashing wave, she discovers an important secret her mother had kept hidden from her all of her life. The impact of this discovery causes River's own consciousness to stumble into otherwise unexplored territory. Loretta's secret becomes a portal into a whole new realm of possibilities.

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