



This Congruent Life: A Spiritual Ecology Practice

By Banta H Whitner, Bruce R Grob

Outskirts Press, United States, 2009. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.A GIFT OF HOPE AND AUTHENTICITY THIS CONGRUENT LIFE: A SPIRITUAL ECOLOGY PRACTICE is an invitation to realign our lives with our values. This personal and insightful story takes us on a journey toward a more engaged ecology, one that is spiritually informed, generous and encouraging. With wit and practical wisdom, Whitner and Grob let their own lives speak. They show us, in vibrant narrative and photography, how to bring into balance spiritual activism and a commitment to living more lightly on the Earth. This is a careful, simple, and quite lovely guide to matching actions to principles - it will be a great help to many of us in its gentle and calm fashion. ~ Bill McKibben, Environmental activist and author.

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