



THE JOY OF SPIRITUAL GROWTH: REAL ENCOUNTERS

Frank Rose, Robert Maginel

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Frank Rose and Bob Maginel provide people seeking spiritual growth and recovery a practical handbook for accomplishing their goals. Recognizing that spiritual growth can be stymied by materialism and external preoccupations, the authors offer tasks and exercises that can be used repeatedly to help tame the "wild beasts," the negative emotions that can control our lives and destroy our relationships with others.

A special feature of the book is the "Reporting on the Task" section at the end of each of the twelve tasks, in which participants who were enrolled in a real-life twelve-week seminar share their struggles in their own words. Their successes and setbacks in applying the tasks to daily life underscore the ongoing nature of the recovery process and remind us that the joy of spiritual growth is linked to enjoying the journey.

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