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ATV9LF - KAUFMAN HESTER

If you have ever felt your life was out of control and headed toward chaos, science has an important message: Life is chaos, and that's a very exciting thing! In this eye-opening book, John Briggs and F. David Peat reveal seven enlightening lessons for embracing the chaos of daily life. Be Creative: engage with chaos to find imaginative new solutions and live more dynamically Use Butterfly Power: let chaos grow local efforts into global results Go With the Flow: use chaos to work collectively with others Explore What's Between: discover life's rich subtleties and avoid the traps of stereotypes See the Art of the World: appreciate the beauty of

life's chaos Live Within Time: utilize time's hidden depths Rejoin the Whole: realize our fractal connectedness to each other and the world Life is impossible to control--instead of fighting this truth, Seven Life Lessons of Chaos shows you how to accept, celebrate, and use it to live life to its fullest.

A cofounder and the bassist of the heavy metal band Megadeth shares his uplifting and empowering memoir about overcoming addiction and dedicating his life to God.

The second edition of this popular text has been revised and updated to include the new Professional Standards needed to achieve Qualified Teacher Status (QTS). Tackling these elusive

but fundamental aspects of children's development, this text places the importance of spiritual, moral, social and cultural understanding in a cross-curricular context. It directly links between children's attainment and the wider aspects of personal development, beliefs and values, explaining the environment in which learning flourishes and demonstrating how trainees can promote this in their teaching. In addition, it helps enrich the trainee teacher's experience, laying firm foundations for their continuing professional development.

One of the clearest presentations of India's Advaita Vedanta, the doctrine of Oneness. Adams, an American student of the great master, Ramana Maharshi, discourses with wisdom and delightful humor as he clarifies for Westerners India's teaching of Ultimate Reality.

Explore the inner world of plants and its fascinating relation to mankind, as uncovered by the latest discoveries of science. A perennial bestseller. In this truly revolutionary and beloved work, drawn from remarkable research, Peter Tompkins and Christopher Bird cast light on the rich psychic universe of plants. Now available in a new edition, *The Secret Life of Plants* explores plants' response to human care and nurturing, their ability to communicate with man, plants' surprising reaction to music, their lie-detection abilities, their creative powers, and much more. Tompkins and Bird's classic book affirms the depth of humanity's relationship with nature and adds special urgency to the cause of protecting the environment that nourishes us.

In 2001, Dr. Wayne Dyer wrote a book called *10 Secrets for Success and Inner Peace*, based on the most important principles he

wanted his children to live by. Serena Dyer, one of those children, has contemplated these ideas throughout her life. "Don't die with your music still in you" has been the most important principle for Serena: to her, it means that you don't allow yourself to live any life other than the one you were born to live. In this book, Serena sets out to explain what it was like to grow up with spiritual parents. She touches upon all ten of her dad's original secrets, imparting her own experiences with them and detailing how they have affected the way she approaches various situations in life. She shares stories, struggles, and triumphs—and Wayne, in turn, contributes his own perspective. This unique father-daughter collaboration will warm the hearts of all parents . . . and inspire anyone who is looking to find the "music" inside themselves.

talent means almost nothing when it comes to getting better at anything, especially music. Practice is everything. This book covers essential practice strategies and mindsets you won't find in any other book. You'll learn the What, Why, When, Where, Who, and especially the How of great music practice. You'll learn what research tells us about practice, but more importantly, you'll learn how the best musicians in many genres of music think about practice, and you'll learn the strategies and techniques they use to improve. This book will help you get better faster, whether you play rock, Bach, or any other kind of music.

According to the Ancient Egyptian Myth the hieroglyphic script was invented by the God Thoth. We all remember 1,000 distinct characters of formal writing system used by pharaohs. Now, cursive hieroglyphs were used for religious literature on papyrus and wood, this is what researchers now call "the Proto-Canaanite alphabet", the term used for inscriptions older than around 1050

BC that later evolved into the Phoenician alphabet. Again, lots of countries, governments, scientists, religion leaders wish to claim the invention of the alphabet. What about Vinča's Neolithic (Serbian Danube) pottery scripts also found in China? Vinča's sophisticated carved statues signs, 100s of Canaan letters, Phoenicians Arabic, Ionic, Cyrillic, Aramaic, Chinese, Hebrew.

With a new introduction, Phil Jackson's modern classic of motivation, teamwork, and Zen insight is updated for a whole new readership "Not only is there more to life than basketball, there's a lot more to basketball than basketball." --Phil Jackson Eleven years ago, when Phil Jackson first wrote these words in *Sacred Hoops*, he was the triumphant head coach of the Chicago Bulls, known for his Zen approach to the game. He hadn't yet moved to the Los Angeles Lakers, with whom he would bring his total to an astounding nine NBA titles. In his thought-provoking memoir, he revealed how he directs his players to act with a clear mind--not thinking, just doing; to respect the enemy and be aggressive without anger or violence; to live in the moment and stay calmly focused in the midst of chaos; to put the "me" in service of the "we" -- all lessons applicable to any person's life, not just a professional basketball player's. This inspiring book went on to sell more than 400,000 copies. In his new introduction, Jackson explains how the concepts in *Sacred Hoops* are relevant to the issues facing his current team--and today's reader.

Grammy Award winner Victor Wooten's inspiring parable of the importance of music and the threats that it faces in today's world. We may not realize it as we listen to the soundtrack of our lives through tiny earbuds, but music and all that it encompasses is dis-

appearing all around us. In this fable-like story three musicians from around the world are mysteriously summoned to Nashville, the Music City, to join together with Victor to do battle against the "Phasers," whose blinking "music-cancelling" headphones silence and destroy all musical sound. Only by coming together, connecting, and making the joyful sounds of immediate, "live" music can the world be restored to the power and spirit of music. A VINTAGE ORIGINAL

Unleash the song of your soul with *Zen Guitar*, a contemplative handbook that draws on ancient Eastern wisdom and applies it to music and performance. Each of us carries a song inside us, the song that makes us human. *Zen Guitar* provides the key to unlocking this song—a series of life lessons presented through the metaphor of music. Philip Sudo offers his own experiences with music to enable us to rediscover the harmony in each of our lives and open ourselves to Zen awareness uniquely suited to the Western Mind. Through fifty-eight lessons that provide focus and a guide, the reader is led through to Zen awareness. This harmony is further illuminated through quotes from sources ranging from Eric Clapton and Jimi Hendrix to Miles Davis. From those who have never strummed a guitar to the more experienced, *Zen Guitar* shows how the path of music offers fulfillment in all aspects of life—a winning idea and an instant classic.

"We are professionals. Though not specifically professionals in the field of 'psychology' or 'psychiatry,' we are both highly paid actors and comedians, and as such know more about neuroses than you could possibly imagine. . . ." If you're tired of following the rules, dating people from Mars and Venus, gorging on chicken soup for your soul, or getting lost on a road less traveled, then it's

time you listened to Ben Stiller and Janeane Garofalo, two people who actually sweat the small stuff . . . because, let's face it, if your body doesn't sweat, it dies--much like Ben and Janeane's train wreck of a relationship many years ago. From that experience came wisdom and self-reproachment. Now, in *Feel This Book*, they tackle the tough questions: - Is love necessary? - How can I make money off my spouse? - Compassion--is it overrated? - Why can't I sleep around and still love you? - How many times have you told your significant other that you would pick up something for dinner on your way home from the office, and next thing you knew you're at an all-night eatery with some hermaphrodite you found on the strip, having eggs and bacon at three in the morning? Through helpful tips, completely fabricated case studies, the six laws of spiritual success, the fourteen by-laws of spiritual awakening, and the twenty-three addendums and sub-laws regarding anything spiritual and successful, Stiller and Garofalo teach such valuable lessons as: - When it comes to family, grasp onto the blame and don't let go - Make the connection . . . between Deepak and Tupac - Your mother lied; looks are everything, and the sooner you submit and stop denying the inevitable, the happier you will be - And much more! *Feel This Book*. Let it be your path, your compass, your sensible shoes, your Frappuccino(R). It's what self-help was meant to be.

"Explains how the American middle class ballooned at mid-century until it dominated the nation, showing who benefited and what brought the expansion to an end"--

This study of the hidden side of music and its subtle effects is one of the most detailed books ever written on the subject.

First published in 1867, *Slave Songs of the United States* represents the work of its three editors, all of whom collected and annotated these songs while working in the Sea Islands of South Carolina during the Civil War, and also of other collectors who transcribed songs sung by former slaves in other parts of the country. The transcriptions are preceded by an introduction written by William Francis Allen, the chief editor of the collection, who provides his own explanation of the origin of the songs and the circumstances under which they were sung. One critic has noted that, like the editors' introductions to slave narratives, Allen's introduction seeks to lend to slave expressions the honor of white authority and approval. Gathered during and after the Civil War, the songs, most of which are religious, reflect the time of slavery, and their collectors worried that they were beginning to disappear. Allen declares the editors' purpose to be to preserve, "while it is still possible ... these relics of a state of society which has passed away."

In 1994, jazz musician and composer Kenny Werner released his landmark book, *Effortless Mastery: Liberating the Master Musician Within*, which freed artists around the world to reclaim their love for music and find the power within their art. His seminal book led to his work as the artistic director of the Effortless Mastery Institute at the Berklee College of Music, a leading observatory for training the world's greatest musicians. Now Werner has written the perfect companion--*Becoming the Instrument*--where he shares profound insights and uplifting anecdotes based on his 40 years of experience to teach musicians, artists, athletes or even business people how to lift their performance to its highest level and showing us how to be spontaneous, fearless, joyful and discip-

lined in our work and in our life. In *Becoming the Instrument*, Werner teaches us that mastery is not perfection, or even virtuosity. It is the gift of self-love, forgiving your own mistakes, and not allowing the world to diminish your own divine gifts. And you don't have to be a musician to have the experience.

For so many people, whether your addiction is to a substance or merely to a certain way of thinking or acting, a profound humbling occurs when you realize that your problem is bigger than you are. The terror of realizing, even dimly, that you have no control over a self-destructive pattern of behavior that as much as you would want to, you simply cannot stop can mark a crucial turning point in your life. At that point, you go in one of two directions: either way, way down, or way, way up. . . . This book is for you if you know in your heart that you are an addict, and that you are powerless before your addictive behavior. As the title promises, Marianne Williamson looks at weight loss from a spiritual perspective, bringing you 30 lessons that can be done separately or in conjunction with any other serious spiritual path. These 30 lessons are completely separate from anything related to diet or exercise they will retrain your consciousness in the area of weight in order to break the cycle of overeating, dieting, and shame that rules so many lives. Finally, Marianne has brought you what you've been waiting for: help to heal your addiction once and for all!

An expert in cognitive development and music education reveals the remarkable and surprising benefits that playing--or even appreciating--music offers to children. The latest cognitive research has revealed something extraordinary: learning music and listen-

ing to music can grow and repair our brains at any age. Here, Dr. Anita Collins explains how music has the potential to positively benefit almost all aspects of a child's development, whether it's through formal education or mindful appreciation; simply clapping in time can assist a young child who is struggling with reading. It turns out that playing music is the cognitive equivalent of a full-body workout. Dr. Collins lays out the groundbreaking research that shows how playing an instrument can improve language abilities, social skills, concentration, impulse control, emotional development, working memory, and planning and strategy competence, from infancy through adolescence. She also provides real-life stories to show the difference that music learning can make, as well as practical strategies for parents and educators to encourage a love of music in their kids.

A look at the meaning, and the humor, of the Book of Jonah. *Sacred Pathways* reveals nine distinct spiritual temperaments--and their strengths, weaknesses, and tendencies--to help you improve your spiritual life and deepen your personal walk with God. It's time to strip away the frustration of a one-size-fits-all spirituality and discover a path of worship that frees you to be you. Experienced spiritual directors, pastors, and church leaders recognize that all of us engage with God differently, and it's about time we do too. In this updated and expanded edition of *Sacred Pathways*, Gary Thomas details nine spiritual temperaments and--like the Enneagram and other tools do with personality--encourages you to investigate the ways you most naturally express yourself in your relationship with God. He encourages you to dig into the traits, strengths, and pitfalls in your devotional approach so you can eliminate the barriers that keep you locked into rigid

methods of worship and praise. Plus, as you begin to identify and understand your own temperament, you'll soon learn about the temperaments that aren't necessarily "you" but that may help you understand the spiritual tendencies of friends, family, and others around you. Whatever temperament or blend of temperaments best describes you, rest assured it's not by accident. It's by the design of a Creator who knew what he was doing when he made you according to his own unique intentions. If your spiritual walk is not what you'd like it to be, you can change that, starting here. Sacred Pathways will show you the route you were made to travel, marked by growth and filled with the riches of a close walk with God. A Sacred Pathways video Bible study is also available for group or individual use, sold separately.

“Having a daily spiritual practice is the key to developing your spiritual skills, gifts, and qualities. When you take the time to acknowledge who you are, focus your mind, and meditate, you create room in your life to grow and you encourage your heart to open up and connect deeply with the flow of life.” - Kyle Gray

Kyle Gray's remarkable intuitive gifts have made him one of the UK's most sought-after experts in the field. Now, following huge demand from his readers, Kyle unveils the 111 essential practices that he has been using for over 10 years to develop his spiritual skills. In this book, Kyle explains how you too can deepen your connection with the Divine. The key is to raise your vibration, and Kyle teaches how you can do this by cultivating practices and habits such as:

- trusting and developing your inner guidance
- expressing yourself in a way that's filled with the purest integrity
- giving and receiving in a way that's balanced
- manifesting and

creating a life you love and deserve. . . and much more! Get ready to shift your energy, access a higher frequency, and start receiving more joy, love, and miracles in your life!

Showcasing the tremendous, often unrealized potential of the bass guitar, Steve Bailey and Victor Wooten have put together this incredible recording, complete with transcriptions and lessons for each song. Steve and Victor demonstrate how the bass guitar can supply bass lines, piano and guitar type comping figures, lead solos and percussion parts, in styles ranging from Bebop to New Age to Heavy Metal. Each piece highlights different aspects of their amazing techniques, like Steve's three finger technique or his awe inspiring command of harmonics and chord voicings; or Victor's incredible funk grooves, thumb and two-handed tapping techniques. At the end of the song section of the recording, Steve and Victor walk you note-for-note through the licks and techniques that make up each song, explaining and demonstrating everything at slow speeds. All of the songs are fully transcribed and all music is written in standard notation and tablature. Book jacket.

From Grammy-winning musical icon and legendary bassist Victor L. Wooten comes an inspiring parable of music, life, and the difference between playing all the right notes...and feeling them. The Music Lesson is the story of a struggling young musician who wanted music to be his life, and who wanted his life to be great. Then, from nowhere it seemed, a teacher arrived. Part musical genius, part philosopher, part eccentric wise man, the teacher would guide the young musician on a spiritual journey, and teach him that the gifts we get from music mirror those from life, and every movement, phrase, and chord has its own meaning...All

you have to do is find the song inside. “The best book on music (and its connection to the mystic laws of life) that I’ve ever read. I learned so much on every level.”—Multiple Grammy Award-winning saxophonist Michael Brecker

“I am increasingly convinced that the decisive question that demands an answer from us is not so much how believers experience the liturgy, but whether believers live from the liturgy they celebrate.” With these few words Goffredo Boselli captures the essence of this present work. Believers can celebrate the liturgy throughout their lifetimes without ever really drawing their lives from it. And this is true of all believers—laity, clergy, or monastics. More than a century after the start of the liturgical movement and half a century after the start of the postconciliar liturgical reform, we must ask the difficult question of whether the liturgy has or has not become the source of the spiritual life of believers. For only by living from the liturgy can they receive the nourishment necessary to maintain a life of faith in today’s world. In *The Spiritual Meaning of the Liturgy*, Goffredo Boselli—one of Europe’s foremost liturgical theologians—offers an accessible and important guide for both scholars and interested laypeople to understand the meaning that permeates the liturgy and its implications for daily living. Readers will find here a resource to help understand the liturgy more fully, interiorize it more effectively, and live it more authentically.

A USA TODAY BESTSELLER Perfect for fans of Kasie West and Jenn Bennett, this “sweet and funny” (Kerry Winfrey, author of *Waiting for Tom Hanks*) teen rom-com follows a hopelessly romantic teen girl and her cute yet obnoxious neighbor as they scheme to get

her noticed by her untouchable crush. Perpetual daydreamer Liz Buxbaum gave her heart to Michael a long time ago. But her cool, aloof forever crush never really saw her before he moved away. Now that he’s back in town, Liz will do whatever it takes to get on his radar—and maybe snag him as a prom date—even befriend Wes Bennet. The annoyingly attractive next-door neighbor might seem like a prime candidate for romantic comedy fantasies, but Wes has only been a pain in Liz’s butt since they were kids. Pranks involving frogs and decapitated lawn gnomes do not a potential boyfriend make. Yet, somehow, Wes and Michael are hitting it off, which means Wes is Liz’s in. But as Liz and Wes scheme to get Liz noticed by Michael so she can have her magical prom moment, she’s shocked to discover that she likes being around Wes. And as they continue to grow closer, she must reexamine everything she thought she knew about love—and rethink her own ideas of what Happily Ever After should look like.

Kim Brown shares her experience walking 800 kilometers and the spiritual lessons she received on her pilgrimage along the Camino de Santiago. Each chapter contains a specific spiritual lesson that Kim came to understand during her pilgrimage. This book is designed to allow the reader to embark on the spiritual journey alone or with a group over a forty-day period. At the conclusion of each chapter, a Bible verse is included for meditation, along with reflection questions. *Spiritual lessons along the Camino* is the perfect gift for yourself or someone else who desires a deeper spiritual life.

“Deepak Chopra’s thoughts on spirituality and child rearing are original, profound and fascinating” BENJAMIN SPOCK, MD Deepak Chopra’s *Seven Spiritual Laws of Success* have touched a chord

around the globe because of their simplicity and trust. This parenting book takes those laws one by one and explores the many ways parents can bring them into the lives of their children. Explaining that success depends on who you are rather than what you do, this world-renowned physician and author shows that spirituality lies at the source of all achievement in life. Suggesting ways that parents can help their children absorb this timeless wisdom from an early age, Deepak Chopra offers a daily programme of practical, thought-provoking ideas for the whole family to follow. In this way, parents can teach their children how to live in the most effortless, harmonious and creative way - and thus know true abundance throughout their lives.

(Bass). Highly regarded as a bass innovator, Victor Wooten has made a name for himself laying down the low-end for both Bela Fleck and during his guest stints with the Dave Matthews Band, and in his own successful solo career. The Best of Victor Wooten features his playing on 14 great tunes, which Wooten transcribed himself! This deluxe songbook includes note-for-note transcriptions of: Amazing Grace * Blu-Bop * Cherokee (Indian Love Song) * Norwegian Wood (This Bird Has Flown) * Sex in a Pan * A Show of Hands * The Sinister Minister * You Can't Hold No Groove * and 6 more, as well as Wooten's performance notes for each song, an insightful biography, an article on his gear, and fantastic photos!

In this rich exploration of music, authors Don and Emily Saliers interweave their own stories as well as those of others to reflect on the what, the how, and the why of music as a key aspect of spirituality in our lives. As an Indigo Girl, folk-rock singer-songwriter, Emily performs in primarily secular settings, while her father, Don

- composer, cantor, and church musician - writes and arranges for church congregations. Their audiences may differ but both father and daughter understand the profound spirituality of music and have personally witnessed how their music brings healing to people no matter what the setting or circumstance. A Song to Sing, A Life to Live bridges two generations, two approaches to spirituality, and two genres of music - the music of Saturday night and Sunday morning. Don and Emily Saliers reflect on such topics as music and justice, music and grief, music and delight, and music and hope. They open the way for those who seek to embrace new spiritual practices by creating music, sharing music, and developing their musical skills as a spiritual practice.

THE SUNDAY TIMES NUMBER ONE BESTSELLING WORLDWIDE PHENOMENON READERS' MOST LOVED BOOK OF 2021 WINNER OF THE GOODREADS CHOICE AWARD FOR FICTION 'BEAUTIFUL' Jodi Picoult, 'UPLIFTING' i, 'BRILLIANT' Daily Mail, 'AMAZING' Joanna Cannon, 'ABSORBING' New York Times, 'THOUGHT-PROVOKING' Independent Nora's life has been going from bad to worse. Then at the stroke of midnight on her last day on earth she finds herself transported to a library. There she is given the chance to undo her regrets and try out each of the other lives she might have lived. Which raises the ultimate question: with infinite choices, what is the best way to live?

Kenny Werner is an accomplished pianist who began to perform at age 4 and by age 11 had appeared on television. While at the Manhattan School of Music, he became restless with his musical direction and began to explore Jazz as new means of creativity and expression. Along his journey, he was inspired by the masters of the craft to rethink not only the technical aspects of crea-

tivity, but also the spiritual aspects. Effortless Mastery is not only an account of that journey, but also an insightful guide for all those wishing to remove their own barriers to creativity in life and the arts. While Mr. Werner happens to be a musician, the concepts presented here are applicable to every profession, aspiration, or lifestyle where there is a need for free-flowing effortless thinking.

Celebrating the spirit of song In *A Song to Sing, a Life to Live*, Don and Emily Saliers help readers see the connections between Saturday night music and Sunday morning music by exploring the spiritual dimensions of music itself. They tell the stories of their own lives in music, and they share what they have learned and observed about the power of music in human life. They help us appreciate the joy of music and also how music carries us into places of sorrow, where we must go if we are to live with honesty about ourselves and compassion for others. This book is for churchgoers and spiritual seekers alike. Music is described in terms of spiritual practice; it has the power to embrace those who are deeply immersed in the life of Christian faith and speak to those who are spiritual but may question formal religion. The book explores a wide variety of musical traditions and offers an invitation to embrace a broader and deeper vision of the power of music and the spiritual dimensions of attentive listening. "This is a beautiful expression of music as many things--healer, gift, symbol of freedom and community, and agent of change" (Mary Chapin Carpenter).

NEW YORK TIMES, USA TODAY, AND #1 WALL STREET JOURNAL BESTSELLER • Forget hustling. This book, from the author of *The*

Code of the Extraordinary Mind, will disrupt your deeply held beliefs about work, success, and, indeed, life. If you're the average person in the developed world, you spend 70 percent of your waking hours at work. And if you're the average person, you're miserable for most of those hours. This is simply not an acceptable state of affairs for your one shot at life. No matter your station, you possess incredible unique powers. It's a modern myth that hard work and hustle are the paths to success. Inside you is a soul. And once you unleash it fully into the domain of work, magic happens. Awakening the Buddha and the Badass inside you is a process that will disrupt the way you work altogether. You'll gain access to tools that bend the very rules of reality. • The Buddha is the archetype of the spiritual master. The person who can live in this world but also move with an ease, grace, and flow that comes from inner awareness and alignment. • The Badass is the archetype of the changemaker. This is the person who is out there creating change, building, coding, writing, inventing, leading. The badass represents the benevolent disruptor—the person challenging the norms so we can be better as a species. Once you integrate the skill sets of both archetypes, you will experience life at a different level from most people. You will operate from a space of bliss, ease, inspiration, and abundance. *The Buddha and the Badass: The Secret Spiritual Art of Succeeding at Work* will show you how. Author of the New York Times bestseller *The Code of the Extraordinary Mind* and founder of Mindvalley, Vishen Lakhiani has turned his own life and company into his research lab. He's codified everything he's learned into the how-to steps in this book. *The Buddha and the Badass* teaches you how to master your work and your life.

The #1 bestselling phenomenon with millions of copies sold around the world -- now with a guide to creating your own Celestine Prophecy experience. You have never read a book like this before--a book that comes along once in a lifetime to change lives forever. In the rain forests of Peru, an ancient manuscript has been discovered. Within its pages are 9 key insights into life itself -- insights each human being is predicted to grasp sequentially; one insight, then another, as we move toward a completely spiritual culture on Earth. Drawing on ancient wisdom, it tells you how to make connections among the events happening in your life right now and lets you see what is going to happen to you in the years to come. The story it tells is a gripping one of adventure and discovery, but it is also a guidebook that has the power to crystallize your perceptions of why you are where you are in life and to direct your steps with a new energy and optimism as you head into tomorrow. Praise for The Celestine Prophecy "A gripping adventure story filled with intrigue, suspense, and spiritual revelations." - Commonwealth Journal "A spiritual classic...a book to read and reread, to cherish, and to give to friends." - Joan Borysenko, PhD, author of Fire in the Soul "In his inimitable style

of great storytelling, Redfield opens us up to a world of insight, inspiration, synchronicity, and power." - Deepak Chopra

In *The Spiritual Child*, psychologist Lisa Miller presents the next big idea in psychology: the science and the power of spirituality. She explains the clear, scientific link between spirituality and health and shows that children who have a positive, active relationship to spirituality: * are 40% less likely to use and abuse substances * are 60% less likely to be depressed as teenagers * are 80% less likely to have dangerous or unprotected sex * have significantly more positive markers for thriving including an increased sense of meaning and purpose, and high levels of academic success. Combining cutting-edge research with broad anecdotal evidence from her work as a clinical psychologist to illustrate just how invaluable spirituality is to a child's mental and physical health, Miller translates these findings into practical advice for parents, giving them concrete ways to develop and encourage their children's—as well as their own—well-being. In this provocative, conversation-starting book, Dr. Miller presents us with a pioneering new way to think about parenting our modern youth.