



For Immediate Release

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Contact: Mary Ann Brussat

Brussat@SpiritualityandPractice.com

212-691-5240

***SPIRITUALITYandPRACTICE.com* Announces
50 Best Spiritual Books of 2008**

“Whether you are exploring sacred texts, spiritual teachings, novels, poetry, cultural criticism, essays, or children’s books, when reading exercises your faith, fires your imagination, stirs your soul, and expands your circle of compassion, it is a spiritual practice.”

*—Frederic and Mary Ann Brussat,
founders of SpiritualityandPractice.com*


Each year Frederic and Mary Ann Brussat — book reviewers who have been on the forefront of spiritual media for four decades — identify spiritual themes in more than 300 books. From these works, they choose the [50 best spiritual books](#).

Organized by a major theme or spiritual practice covered in each book, the “Best” list is designed to help readers find the titles they’re most interested in. The choices range from meditations on spiritual qualities such as beauty, generosity, creativity, listening, and thriftiness to in-depth treatments of perennial spiritual themes such as forgiveness, love, faith, and grace. The books span the life cycle providing valuable insights into developing emotional intelligence in children, coping with acedia in middle age, recognizing the gifts of aging, and facing illness, disability, dying and death with compassion and courage.

As to be expected from a multifaith website, the Brussats’ choices include books from different religious traditions including Christianity, Buddhism, Judaism, Taoism, and Sufism. Some titles illustrate the social and global implications of a spiritual stance -- from two titles on spirituality among gays to an examination of faith and politics in America, another on the potential role of the Dalai Lama in resolving the Tibet-China conflict, and

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15 WEST 24TH STREET · 10TH FLOOR · NEW YORK · NY · 10010
TEL 212 · 691 · 5240 FAX 212 · 989 · 4719 ORDERS 800 · 929 · 4857

 www.SpiritualityandPractice.com
Brussat@SpiritualityandPractice.com

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several blueprints for developing a global spirituality. The marriage of contemplation and action is evident in books about Buddhist ideals for green living and Benedictine Christian values for life in the inner city.

Not surprisingly, the choices from two sought-after experts on the topic of incorporating spirituality into daily life spotlight books about spiritual practices. Brian McLaren, Ken Wilber, Joyce Rupp, Macrina Wiederkehr, Arjuna Ardagh, and Michael Bernard Beckwith are some of the spiritual teachers who published compilations of spiritual practices in 2008. The Celtic spirituality writer, the late John O'Donohue, is honored for his book of blessings for all occasions. One unusual selection covers the spiritual importance of trees and another provides advice on how to turn commuting into an opportunity for personal transformation.

The full list of the [50 Best Spiritual Books of 2008](#) is posted on the Spirituality & Practice website where a click on each book's title takes visitors to a full review.

[SpiritualityandPractice.com](#) maintains one of Internet's largest non-bookstore or library reviews databases with more than 4,500 book reviews and 2,500 book excerpts, as well as another 4,000 film and audio reviews. In a time when magazines and newspapers are cutting back on book coverage, the website gives books many different lives. They are grouped on pages devoted to [37 key spiritual practices](#), and they are referenced in the "[Spiritual Practice of the Day](#)," the "[Spiritual Reading of the Day](#)," [e-courses](#), and [special bibliographies](#). [Photo galleries and author interviews](#) supplement the coverage. The [Living Spiritual Teachers Project](#) section of the site includes profiles of more than 80 contemporary teachers with links to reviews of their books, interviews, articles, and websites.

Frederic Brussat is a United Church of Christ clergyman with a journalism ministry, and Mary Ann is an interfaith minister. The Brussats are members of Judson Memorial Church, a UCC congregation in Greenwich Village, New York City. They are also initiates of the Mevlevi Sufi order that traces its inspiration to Rumi. They live in a loft in New York City with their cats.

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