



Hymns to an Unknown God: Awakening The Spirit In Everyday Life

Sam Keen

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There is no doubt that America is in the midst of a spiritual crisis. Millions of people are trying to find meaning in their lives by returning to old-time religions, or by seeking out new cults, fads, channelers, 12-step programs, and self-help books. Bill Moyers has called this search for spirituality "the biggest story -- not only of the decade but of the century." Now, Sam Keen, the *New York Times* bestselling author of *Fire in the Belly*, addresses this crisis and provides a blueprint for bringing spirituality into everyday life in *Hymns to an Unknown God: Awakening the Spirit in Everyday Life*.

Using practical examples from his and other people's lives, Keen tells readers how to cut through what he calls the "spiritual bullshit," and recover the sacred in their love affairs, families, jobs, and politics -- in short, how to recover the "Unknown God." Down-to-earth and articulate, Sam Keen is a popular social commentator, philosopher, and teacher. He describes himself as "overeducated at the Ivies," with degrees from Harvard and Princeton. His work has been featured in a special Bill Moyers PBS interview, and for over twenty years he was a consulting editor at *Psychology Today*.

How to Use Your Spiritual Bullshit Detector: In a world of one-minute solutions, false spiritual leaders, and instant spirituality, how can you tell which beliefs are valid and separate the bogus from the genuine.

Sex and the Spirit: Why is it that sex and spirituality are so interconnected and confusing? Keen explains the conflict between "I want" and "I should," and tells readers how to integrate sensuality, sexuality and spirituality to experience truly deep and loving relationships.

Consecrating Our Days: Rituals for Living: Keen gives more than a dozen suggestions for personal rituals to remind readers of the sacredness in their everyday lives, including creating a private place as a personal sanctuary, learning to make time to think deeply, setting aside personal days as times of celebration, and more.

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