



Becoming a Goddess of Inner Poise: Spirituality for the Bridget Jones in All of Us

Donna Freitas

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Today's young women are smart, educated, career-oriented, and maybe a little bit fashion-obsessed. So where does the spiritual life fit in? With "InStyle" magazine on one nightstand, and Julian of Norwich on the other, author Donna Freitas has her finger on the pulse of a new generation of women and understands the spiritual issues that most concern them. Drawing on the stories of popular heroines such as Bridget Jones and Carrie Bradshaw, "Becoming a Goddess of Inner Poise" illustrates how our life choices can have a profoundly spiritual dimension - in the bedroom, the boardroom, the beach, and at Barney's. Freitas combines wisdom from a variety of spiritual traditions and with a generous dash of humor, giving modern women a new model for the spiritual journey.



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