Dark Nights of the Soul - A Guide to Finding Your Way Through Life's Ordeals

Every human life is made up of the light and the dark, the happy and the sad, the vital and the deadening. How you think about this rhythm of moods makes all the difference. Our lives are filled with emotional tunnels: the loss of a loved one or end of a relationship, aging and illness, career disappointments or just an ongoing sense of dissatisfaction with life. Society tends to view these “dark nights” in clinical terms as obstacles to be overcome as quickly as possible. But Moore shows how honoring these periods of fragility as periods of incubation and positive opportunities to delve the soul’s deepest needs can provide healing and a new understanding of life’s meaning. Dark Nights of the Soul presents these metaphoric dark nights not as the enemy, but as times of transition, occasions to restore yourself, and transforming rites of passage, revealing an uplifting and inspiring new outlook on such topics as: • The healing power of melancholy • The sexual dark night and the mysteries of matrimony • Finding solace during illness and in aging • Anxiety, anger, and temporary Insanities • Linking creativity, spirituality, and emotional struggles • Finding meaning and beauty in the darkness

Dark Nights Of The Soul - A guide to finding your way through life's ordeals

A 'dark night of the soul' is not a psychological syndrome, but a quest for meaning during life's darkest hours: the loss of a loved one, the end of a relationship, ageing and illness, career disappointments or just an ongoing dissatisfaction with life. Thomas Moore's extensive experience as a psychologist and theologian has taught him that the dark night is a challenge to
restore ourselves and to become someone of substance, depth and soul. By using these trying times as an opportunity to reflect and delve into the soul's deepest needs, we can find a new understanding of life's meaning. Dark Nights of the Soul has its roots in a favourite chapter in Thomas Moore's million copy bestseller, Care of the Soul. In this beautifully-written and thought-provoking work he explores our contemporary anxieties and insecurities and shows how these metaphoric dark nights can become transforming rites of passage.

**A Life at Work - The Joy of Discovering What You Were Born to Do**

A job is never just a job. It is always connected to a deep and invisible process of finding meaning in life through work. In Thomas Moore’s groundbreaking book Care of the Soul, he wrote of “the great malady of the twentieth century…the loss of soul.” That bestselling work taught readers ways to cultivate depth, genuineness, and soulfulness in their everyday lives, and became a beloved classic. Now, in A Life’s Work, Moore turns to an aspect of our lives that looms large in our self-regard, an aspect by which we may even define ourselves—our work. The workplace, Moore knows, is a laboratory where matters of soul are worked out. A Life’s Work is about finding the right job, yes, and it is also about uncovering and becoming the person you were meant to be. Moore reveals the quest to find a life’s work in all its depth and mystery. All jobs, large and small, long-term and temporary, he writes, contribute to your life’s work. A particular job may be important because of the emotional rewards it offers or for the money. But beneath the surface, your labors are shaping your destiny for better or worse. If you ignore the deeper issues, you may not know the nature of your calling, and if you don’t do work that connects with your deep soul, you may always be dissatisfied, not only in your choice of work but in all other areas of life. Moore explores the often difficult process—the obstacles, blocks, and hardships of our own making—that we go through on our way to discovering our purpose, and reveals the joy that is our reward. He teaches us patience, models the necessary powers of reflection, and gives us the courage to keep going. A Life’s Work is a beautiful rumination, realistic and poignant, and a comforting and exhilarating guide to one of life’s biggest dilemmas and one of its greatest opportunities.

**A Religion of One's Own - A Guide to Creating a Personal Spirituality in a Secular World**

The New York Times bestselling author and trusted spiritual adviser offers a follow-up to his classic Care of the Soul. Something essential is missing from modern life. Many who’ve turned away from religious institutions—and others who have lived wholly without religion—hunger for more than what contemporary secular life has to offer but are reluctant to follow organized religion’s strict and often inflexible path to spirituality. In A Religion of One’s Own, bestselling author and former monk Thomas Moore explores the myriad possibilities of creating a personal spiritual style, either inside or outside formal religion. Two decades ago, Moore’s Care of the Soul touched a chord with millions of readers yearning to integrate spirituality into their everyday lives. In A Religion of One’s Own, Moore expands on the topics he first explored shortly after leaving the monastery. He recounts the benefits of contemplative living that he learned during his twelve years as a monk but also the more original and imaginative spirituality that he later developed and embraced in his secular life. Here, he shares stories of others who are creating
their own path: a former football player now on a spiritual quest with the Pueblo Indians, a friend who makes a meditative practice of floral arrangements, and a well-known classical pianist whose audiences sometimes describe having a mystical experience while listening to her performances. Moore weaves their experiences with the wisdom of philosophers, writers, and artists who have rejected materialism and infused their secular lives with transcendence. At a time when so many feel disillusioned with or detached from organized religion yet long for a way to move beyond an exclusively materialistic, rational lifestyle, A Religion of One’s Own points the way to creating an amplified inner life and a world of greater purpose, meaning, and reflection.

Care of the Soul - Guide for Cultivating Depth and Sacredness

In this special twenty-fifth anniversary edition of Thomas Moore’s bestselling Care of the Soul, which includes a new introduction by the author, readers are presented with a revolutionary approach to thinking about daily life—everyday activities, events, problems, and creative opportunities—and a therapeutic lifestyle is proposed that focuses on looking more deeply into emotional problems and learning how to sense sacredness in ordinary things. Basing his writing on the ancient model of “care of the soul”—which provided a religious context for viewing the everyday events of life—Moore brings “care of the soul” into the twenty-first century. Promising to deepen and broaden the readers’ perspectives on their life experiences, Moore draws on his own life as a therapist practicing “care of the soul,” as well as his studies of the world’s religions and his work in music and art, to create this inspirational guide that examines the connections between spirituality and the problems of individuals and society. “Thoughtful, eloquent, inspiring.” —San Francisco Chronicle “I soulfully recommend it without reservation.” —John Bradshaw, author of Homecoming

The Re-enchantment of Everyday Life

Starting from the premise that we can no longer afford to live in a disenchanted world, Moore shows that a profound, enchanted engagement with life is not a childish thing to be put away with adulthood, but a necessity for one’s personal and collective survival. With his lens focused on specific aspects of daily life such as clothing, food, furniture, architecture, ecology, language, and politics, Moore describes the renaissance these can undergo when there is a genuine engagement with beauty, craft, nature, and art in both private and public life. Millions of readers who found comfort and substance in Moore’s previous bestsellers will discover in this book ways to restore the heart and soul of work, home, and creative endeavors through a radical, fresh return to ancient ways of living the soulful life.

The Soul of Sex - Cultivating Life as an Act of Love

A highly original approach from best selling author Thomas Moore, restoring sex to its rightful place in the human psyche as an experience of the soul. In The Soul of Sex, Thomas Moore at last restores sex to its rightful place in the human psyche. Describing sex as an experience of the soul, Thomas Moore here brings out the fully human side of sex – the roles of fantasy, desire, meaning, and morality – and draws on religion, mythology art, literature, and film to show
how sex is one of the most profound mysteries of life. While finding spirituality inherent in sex, Moore also explores how spiritual values can sometimes wound our sexuality. Blending rather than opposing spirituality and sexuality, The Soul of Sex offers a fresh, livable way of becoming more deeply sexual and loving in all areas of life.

**Soul Therapy - The Art and Craft of Caring Conversations**

The New York Times bestselling author of the classic The Care of the Soul addresses the needs of those providing soul care to others—therapists, psychiatrists, ministers, spiritual directors, teachers, and even friends—sharing his insights for incorporating a spiritual or soulful dimension into their work and practices. Soul Therapy is the culmination of Thomas Moore’s work. In his previous acclaimed books, he explored the soul in important areas of our lives—work, sex, marriage, family, religion, and aging. In this wise guide, he now returns to his core vocation: teaching practitioners—therapists, psychiatrists, ministers, spiritual directors, and others—how to offer soul care to those they assist. A training manual infused with a lifetime’s worth of wisdom, Soul Therapy is divided into five sections: What therapy or “soul care” is and how it works; What soul work is required of the helper to be able to address the needs of others; How to access and move forward the spiritual dimension; How to apply this work to specific areas, such as work, marriage, parenting, or teaching; How to deal with other issues that arise, such as developing a therapeutic style, dealing with one’s shadow, and the need for self-care. Profound yet practical, enlightened yet grounded in real-world experience, Soul Therapy will become a definitive resource for caregivers and practitioners for years to come.

**Ageless Soul - The Lifelong Journey Toward Meaning and Joy**

Thomas Moore is the renowned author of Care of the Soul, the classic #1 New York Times bestseller. In Ageless Soul, Moore reveals a fresh, optimistic, and rewarding path toward aging, one that need not be feared, but rather embraced and cherished. In Moore’s view, aging is the process by which one becomes a more distinctive, complex, fulfilled, loving, and connected person. Using examples from his practice as a psychotherapist and teacher who lectures widely on the soul of medicine and spirituality, Moore argues for a new vision of aging: as a dramatic series of initiations, rather than a diminishing experience, one that each of us has the tools—experience, maturity, fulfillment—to live out. Subjects include: *Why melancholy is a natural part of aging, and how to accept it, rather than confuse it with depression *The vital role of the elder and mentor in the lives of younger people *The many paths of spiritual growth and learning that open later in life *Sex and sensuality *Building new communities and leaving a legacy Ageless Soul will teach readers how to embrace the richness of experience and how to take life on, accept invitations to new vitality, and feel fulfilled as they get older.

**Books by Thomas Moore and Complete Book Reviews**

Moore's long-awaited companion volume to his popular 1992 book, Care of the Soul, delves into religion as a way of enhancing the life of the soul. A former monk and therapist, Moore reimagines...