



## **The New Spirituality for Dummies Offers a Substantial and Fun Approach to Spiritual Life**

*It's Spirituality For the Rest of Us. In stores, January 22, 2008. With a friendly and conversational tone, the new, improved 2nd edition of Spirituality For Dummies helps readers find their way through the maze of modern life to an authentic spirituality that is universal, personal, and inherently optimistic.*

Cardiff by the Sea, CA, January 22, 2008 --(PR.com)-- Humorous, edgy, and enlightening, Spirituality For Dummies gives access to some of the most profound spiritual wisdom of all time in the friendly and familiar style of "For Dummies" books, complete with cartoons and icons. However, in this book, instead of finding warning icons that tell you what not to do with your computer, you find warnings and tips about how to achieve your highest spiritual and personal goals, such as, "Warning: Be yourself, but not your obnoxious self!"

A full-length music CD in the back of every book gives a delicious taste of inspiring spiritual music, including Gregorian chanting, Buddhist texts, Jewish prayers, Christian songs, Hindu chants, Latin hymns, and gospel music, sung by the author and other artists.

The Spirituality For Dummies book/CD set offers an extensive buffet of delicious teachings, stories, music, quotes, and tips -- giving readers a strong spiritual foundation and empowering them to find wisdom and guidance within themselves.

New chapters in this 2nd edition map out spiritual views of the nature of universal creation, give suggestions on how to find the right paths for your journey, explain the laws of attraction and karma, and caution readers to be careful about using popular manifestation techniques without first developing the spiritual maturity to use them properly. Analogies, anecdotes, and stories keep readers entertained and chuckling even while their world views and personal integrity are being naturally lifted up into new vistas of spiritual awareness.

Dr. Christopher Chapple from Loyola Marymount University, one of the scholars who reviewed Spirituality For Dummies for accuracy, said, "This book bridges the gap between conventional experience and the spiritual life. Spirituality for Dummies gives practical advice for entering the path of spirituality, borrowing wisdom from a host of religious, philosophical, and comedic traditions. Insightful, wise, and humorous, this book can and should be read by all, from novice to saint!"

Michael Beckwith, contributor to "The Secret" and minister of the Agape International Spiritual Center, described Spirituality For Dummies as "A Mecca for those who are sincerely seeking the genuine meaning and practice of spirituality. Sharon Janis fuses mystical insights drawn from the east/west approaches, resulting in a volume that opens the heart, exhilarates the mind, and inflames the soul. No matter upon which rung of the spiritual ladder you now stand, expect to be catapulted to the next level of awareness through practice of the wisdom-offerings in this scripture of Truth."



#### About the Author:

Sharon Janis was brought up by psychology-teacher parents and studied neuroscience and film at the University of Michigan, before spending ten years living a monastic life in the ashram of the same gurus described in the "pray" section of Elizabeth Gilbert's popular book, *Eat, Pray, Love*. During her decade of monastic life in the 1980's, Sharon studied, chanted, and served in deep spiritual immersion, producing and editing hundreds of videos for the worldwide yoga and meditation movement.

After leaving the ashram, Sharon moved to Hollywood for a career as film editor, director, and producer of popular television shows and films - including many evening news and news-feature shows, *Hard Copy*, *Candid Camera*, *X-Men*, and *The Mighty Morphin' Power Rangers* - winning a Los Angeles Emmy, an Associated Press National Board of Directors award, and many other accolades. With her combination of monastic life and Hollywood creativity, Sharon offers a fresh view and style that motivates, entertains, educates, and enlightens with a down-to-earth intimacy, touches of music and singing, lots of colorful stories, and a generous dose of humor. She speaks and sings regularly at the Golden Door Spa and other venues, including the Sun Valley Opera House.

#### Press Resources and Review Copies:

Go to a press resources page with a PDF press kit, table of contents, sample chapter, index, video and audio clips of the author speaking and singing, and contact info for interviews and media appearances at: <http://www.spiritualpress.com>.

Members of the press can request a review copy of the book/CD set from the publisher at: <http://www.wiley.com/WileyCDA/Section/id-310414.html>.

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**Contact Information:**

Sharon Janis  
760-942-9229  
sharonjanis@aol.com  
www.nightlotus.com

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