



Imperfect Spirituality: Extraordinary Enlightenment for Ordinary People

Polly Campbell

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Pulling a raisin out of a two-year-old's nose probably wasn't on Buddha's path toward enlightenment, but it was one of the obstacles for author Polly Campbell. For many, stuck raisins and other real-life moments provide sometimes the only opportunity for spiritual growth in a day. *Imperfect Spirituality* shows readers how to integrate those every-day moments with traditional spiritual techniques to experience personal growth and greater well-being all in the course of your regular routine. Any activity can be transformed into a spiritual practice. Don't have a half-hour to meditate? Can't drop everything ala Elizabeth Gilbert and trek to Italy or India? Do a mini-meditation while stopped at a red light. Working to be mindful and present? Start by brushing your teeth.

Imperfect Spirituality is filled with practical tips and dozens of examples like these, as well as anecdotes from real people who are striving to grow both spiritually and personally. Each chapter features fascinating research about how the mind body spirit connection really works as well as illuminating ,quotes, and informative, easy-to-do takeaways from leading-edge academic and spiritual experts who both study and practice the techniques explored in the book. Popular blogger and workshopper Polly Campbell, a favorite journalist for Daily Om and Psychology Today, emerges here as a fresh and important new voice in spirituality who offers a path to enlightenment for "the rest of us."

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