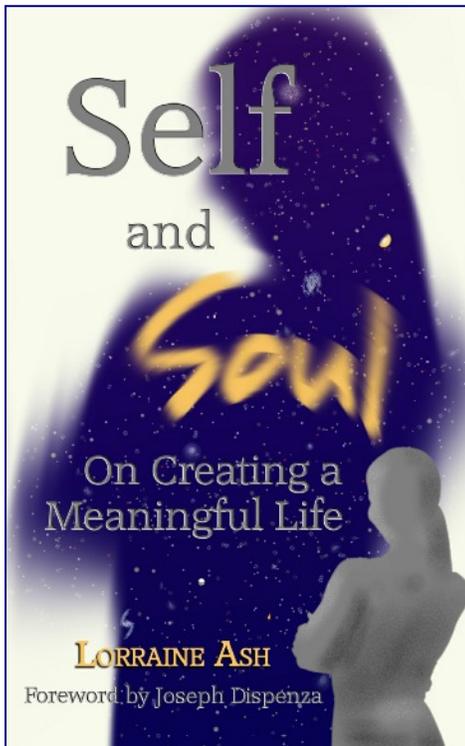


Self and Soul: On Creating a Meaningful Life

By Lorraine Ash



Spiritual seekers are romanticized as adventurers with amazing lives. Problem is, they also often are discontent. Their journeys are about looking but never finding. Success is always just over yonder.

Lorraine Ash understands and personalizes the journey in *Self and Soul: On Creating a Meaningful Life*, a spiritual memoir that addresses the unique nature of the spiritual journey in the twenty-first century. The questions that propelled her drive many of us: What should I do? Where do I fit? Who do I ask? What does my life mean?

The Internet age makes it easy for people to share aspects of their faiths and promotes a mixing and matching hitherto unknown in human history. Never has it been more important, Ash writes, to fashion a faith born of belief and experience, a faith rooted in inner landscapes where we speak directly with the divine and make our own meaning.

In these pages Ash describes the voicelessness she experienced while seeking – in part a result of having her prayers written for her – and a sudden and unexpected encounter with the divine in a hospital bed in the wee hours. She had just delivered her stillborn child and was fighting for her own life. During her recovery, she found the black-and-white world of her inner life start to glow with the colors of a gloaming she sees while on a picnic in the hills of Northwest New Jersey. A divine force was beginning to animate her from the inside.

With color and nuance came new possibilities and a voice. Her new inner life led her to alternative healers on the mesas of Arizona, the Tao, and a stunning revelation at Fallingwater, Frank Lloyd Wright's architectural masterpiece in Pennsylvania.

Self and Soul is for people living lives of quiet desperation, questioning what it means to strive and succeed in conventional ways, and wondering if their efforts matter.

About Lorraine Ash

Lorraine Ash, MA, is an author, award-winning journalist, and essayist as well as a writing teacher. *Self and Soul: On Creating a Meaningful Life* is her second book. Her first book, *Life Touches Life: A Mother's Story of Stillbirth and Healing*, has circulated throughout the United States and much of the world.



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Published December 2012 by Cape House Books

Trade paperback \$12.95 US, £7.95 UK, €9.95

ISBN-13: 978-1-939129-00-0

ISBN-10: 1-939129-00-1

Ebook \$6.99 US

ISBN-13: 978-1-939129-02-4

ISBN-10: 1-939129-02-8

"*Self and Soul* shines with heart, soul, and brilliance. As with *Life Touches Life*, Lorraine Ash has created a book that gets right to the bone marrow. I love this book."

— Dr. Christiane Northrup, M.D.
author of *The Wisdom of Menopause*
and *Women's Bodies, Women's Wisdom*

"*Self and Soul* is one of the most eloquent, elegant, and spiritually rich descriptions of the human journey I've read. It is as much a prayer as a book – a poetic example of the healing power of "giving voice" and proclaiming one's inner truth."

— Larry Dossey, M.D.
author of *The Science of Premonitions*