



# The Joy of Spiritual Living: Simple Steps to Your Best Self

*Frank Rose, Robert Maginel*

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Many people think of spiritual growth as solitary work that happens outside of everyday life. But through decades of group work, authors Frank Rose and Bob Maginel have developed a program of spiritual growth that works best in the midst of daily living.

Through a series of eight exercises, readers learn how to raise their awareness and their spirits to a higher level, to connect more readily with their Higher Power, and to unlock authentic spiritual joy even at life's most challenging moments. For people working in groups, the authors include suggestions for structuring spiritual growth meetings and tools for discussion facilitators. For individuals using the book alone, Rose and Maginel provide transcripts of their own group's discussions, challenges, and "Aha!" moments, so the reader can share in the group experience.

Building on their previous book, *The Joy of Spiritual Growth*, Rose and Maginel offer more of the gentle wisdom and practical techniques that have made their spiritual growth program an enduring success.

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