

Indie Spiritualist: A No Bullshit Exploration of Spirituality

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Beyond Words Publishing. Paperback. Book Condition: new. BRAND NEW, Indie Spiritualist: A No Bullshit Exploration of Spirituality, Chris Grosso, After years of heavy addiction, Chris Grosso found himself literally on his knees, utterly lost and broken. He needed a new way to approach life, something that went beyond conventional religious or spiritual doctrine-free of bullshit. Drawing on his punk rock roots and question-everything mindset, Grosso offers a collection of stories and musings about his meandering journey of self-inquiry, recovery, and acceptance. He rejects all the hypocrisies and judgments of religion to show that spirituality is not something that only happens on meditation cushions or yoga mats, in sanghas, churches, mosques, temples, or synagogues. It's not always peaceful and quiet. It can be as loud as a rock concert or as alternative as Grosso himself. And it's up to you to find and follow your own path. Brutally honest, bitingly humorous, and radically unconventional, Grosso's collection of vignettes shows what it means to live an authentic, open, and mindful life. Indie Spiritualistempowers you to accept yourself as you are, in all your humanity and imperfect perfection.

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