



## The Ten Commandments of Spirituality

By John Wesley Downey

AUTHORHOUSE, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.THESE ARE NOT YOUR DADDY S TEN COMMANDMENTS. Author John Wesley Downey, in his first non-fiction book, creatively combines basic Judeo-Christian beliefs with the simplest and most compelling concepts of Eastern religions such as Buddhism and Hinduism to give readers The Ten Commandments of Spirituality. By combining basic spiritual concepts from multiple religions with pop culture references to movies, TV and music, Downey provides spiritual guidance that is totally accessible for contemporary readers. Written in a conversational style, it applies the best of spiritual principles in practical ways to everyday living. Whether the reader is a member of an organized religion or an independent free thinker who simply describes themselves as spiritual, the content addresses the challenges of contemporary life with guidance that is alternately serious, humorous, insightful, and thought provoking, and above all spiritually healthy. Also included are Downey's answers to Ten Frequently Asked Questions about God, how to cope with the dehumanizing aspects of today's technology, and why the current unhealthy cultural obsession with celebrities is a dangerous exercise in false idolatry. Finally, Downey...



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