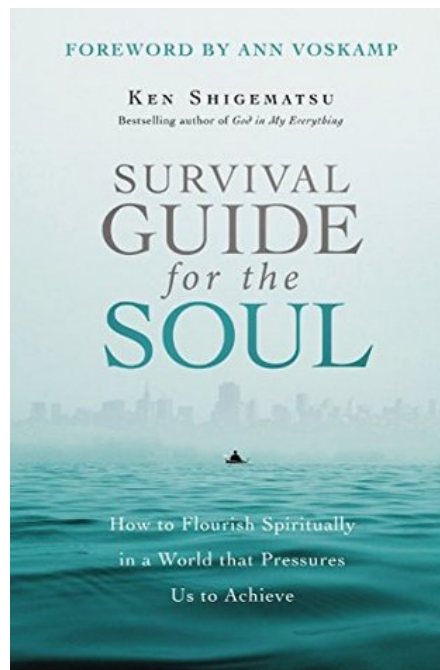




Survival Guide for the Soul: How to Flourish Spiritually in a World that Pressures Us to Achieve

Ken Shigematsu

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What keeps us from flourishing in our spiritual lives is a neglect of the inner life of the soul. And more and more today, this neglect is driven by our ambition to accomplish something big outside ourselves. We live in a society that pressures us to achieve professionally, socially, and through the constant acquisition of material possessions. Drawing on a wide range of sources including scripture, church history, psychology, and neuroscience, as well as a rich variety of stories from his own life, Ken Shigematsu demonstrates how the gospel redeems our desires and reorders our lives. He offers fresh perspective on how certain spiritual practices help orient our lives so that our souls can flourish in the midst of a demanding, competitive society. And he concludes with a liberating and counter-cultural definition of true greatness.

This book will appeal to anyone who longs to experience a deeper relationship with Christ in the midst of the daily pressures to succeed, as well as to those on the borderlands of faith seeking to transcend the human tendency to define ourselves by our production and success.

Survival Guide for the Soul: How to Flourish Spiritually in a World that Pressures Us to Achieve Details

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Sarah Biggerstaff says

This book touched an area of my life that really needed healing. I am continually seeking affirmation through work instead of resting in my faith and knowing that I am fulfilled by God's love. So how do I do that? Through investing in a relationship with Jesus. This book offers significant guidance and insight on why and how to make that investment. I found all of the information very helpful and many spiritual rhythms I already practice were affirmed. I really appreciated the author's honesty and testimony about his own struggle with pressure to achieve. The reflection questions and prayer prompts at the end of each chapter were powerful and very helpful in digesting the information I had just read. I encourage all type a personalities to read this book and find rest in knowing the love of Jesus.

Tim Chan says

This book deepened my motivation to restart spiritual practices I've given up on and it gave me practical ideas on how to approach the practices differently. Ken's book is filled with engaging stories and deep insights. I especially appreciated the variety of stories, from leaders in the past and present and "regular" people from Ken's church community.

Ken Shigematsu was my pastor and mentor for many years. My wife, family, friends, and I really enjoyed listening to him speak. During a season of my life when I had a lot of public speaking engagements I remember asking him for speaking tips. He told me that it takes 3 minutes for an audience to internalize a point. In his talks he would say the point, repeat it a different way, and then tell a few stories to bring the point across. This gave everyone enough time to fully understand what he's saying. This book is structured similarly.

The meat of this book is about spiritual disciplines and practices, but Ken approaches it in a fresh way. He starts by explaining the concept of the dual self, each part with it's own drive. Striving Adam is the part of us that strives for success. Soulful Adam longs for connection with God and others. While we need Striving Adam's drive and ambition to energize us to action, we also need Soulful Adam's longing to build relationship, spiritual connection, and meaning in life.

Our current culture reinforces our Striving Adam, placing value and worth on achievements and productivity. Perhaps that is why most people's Striving self dominates over their Soulful self. Growing up in the church, this is a message I've heard before. But Ken approaches this tension differently, arguing that "the path to true satisfaction is not the loss of our Striving Adam but the marriage of our ambition with the soulful satisfaction of being loved by God." Being a fairly ambitious person, I was refreshing to hear Ken affirm both the Striving and Soulful parts of our life, stating the need for nurturing both.

This book focuses on nurturing the Soulful part of us, which is easy to neglect in our driven culture. Ken says that while many of us may intellectually agree that God loves us, we often lack the experience of God's deep love in our lives. It is this experience of God's love that needs to be nurtured on a regular basis, to allow for the Soulful and Striving parts of us to be balanced.

In fact, Ken states that nurturing our Soulful self will make our Striving self more productive, because we move from working to prove our worth to working to serve others. He shares the example of how his

ministry work became more fruitful when he started working less, moving from 70 hours a week as a single, to working less as a married person, to even less after having a son.

At the point in the book I was fully convinced and motivated to nurture my Soulful self. But how? Ken's answer is to develop rhythms of spiritual practice in your life. What is a spiritual practice? Ken says, "anything that makes us come fully alive is a spiritual practice."

Ken states a study of people's temperaments and their preferred spiritual practices, based on four historical Catholic teachers. Depending on your temperament, you will have a different approach to experiencing God.

Here's a summary of the 4 types:

1) Ignatian (named after Saint Ignatius of Loyola)

40% of North Americans are "very practical, have a strong sense of responsibility and love to serve in tangible ways... they like organization and structure. They also tend to prefer a more consistent, ordered approach to God."

2) Franciscan (named after St. Francis of Assisi)

38% of the population "connect most deeply with God as they walk in nature, enjoy beautiful art or music, listen to inspiring stories, or savour a cup of coffee and good conversation with a friend. Rather than favouring structure, they tend to prefer a more spontaneous approach to God."

3) Augustinian (named after St. Augustine)

12% of North Americans are "philosophical and enjoy contemplating the meaning of God and their lives... they represent more than 50% of those who schedule time to get away on spiritual retreats."

4) Thomistic (named after St. Thomas of Aquinas)

10% of people "love to use their minds as a gateway to God. They relish the study of Scripture, theology, and substantive Christian books. A disproportionately high percentage of pastors, in comparison to the general population, are Thomistic in their spirituality. This helps explain why many pastors frequently stress the importance of Bible study and theological learning as a way for people to grow in their faith." I laughed reading this, thinking of all the pastors I know that promote the importance of regular Scripture reading.

The rest of the book covers 7 spiritual practices, each with it's own chapter:

- Meditation – Listening to the Music of Heaven
- Sabbath – The Rhythm of Resistance
- Gratitude – Savouring God's Gifts
- Simple Abundance – Why Less is More
- Servanthood – Pouring Ourselves Out for Others
- Friendship – The Art of Mutual Encouragement
- Vocation – Discerning Our Sacred Calling

For myself, I have incorporated a few of these spiritual practices into my life as I have found them to be meaningful, in particular Sabbath, Friendship, and Vocation. Reading these chapters affirmed the importance of these practices in my life and energized me to continue practicing them. I found few insights into ways to incorporate these practices into my life I have not tried before, which I'm excited to try.

There are other spiritual practices I have tried but have not found meaningful. I have practically given up on these practices (meditation and servanthood) and only sporadically try them. Reading these chapters helped me understand they "worked" and how they would nurture my Soulful self. Reading the stories were particularly helpful in visualizing how these practices were lived out. After reading the chapters I was motivated to try these practices again.

Other spiritual practices I have not thought about much, like gratitude and simple abundance. Reading these chapters opened my eyes to how these practices could be life-giving.

I loved this book and have even pre-ordered a copy for a dear friend of mine. “Survival Guide for the Soul” would make a great gift and would also be helpful for small groups to read and discuss together. The stories make it easy and engaging to read. But what I appreciated most was that the book stirred my soul, deepening my desire to nurture my Soulful self.

Michelle Welch says

Are you a Striving Adam or a Soulful Adam or perhaps a little bit of both? Ken has really tapped into a need in the current Church. These days there is a chaotic, flurried style of living just keeps people in bondage to their manmade idols. This book reaches deep down into the heart of the matter, encouraging believers to slow down and become intentional. I have read so many books about slowing down that just became dust collectors. This book will never collect dust! It is made to be used and shared and shared again. Filled with practical advice, each chapter ends with questions to reflect upon individually as well as in small groups. There are prayer prompts that really speak to the heart of making time to sit in His presence. I have already used it in my counseling practice and I encourage every leader, pastor, and believer to have this book on their shelf. It has helped me become more aware of the importance of a sweet, intimate, unhurried time with God.

Justin Daniel says

I have often argued that the Christian life is a struggle to reach an equilibrium: Christians should be emotional but also studious; Christians should believe in the sovereignty of God but also the free agency of man; Christians should pursue Bible reading tempered with prayer.

Ken Shigematsu believes the same. In his book, “Survival Guide for the Soul,” he brings to the foreground a juxtaposition of two paradoxical positions: the striving Adam and the soulful Adam. The striving Adam is the person who focuses on success in their professional lives. For example, Ken pastors a church in Vancouver B.C., but before this he worked for Sony Corps in Tokyo, Japan. He explains that the pursuit of his aspirations in that position was the embodiment of the striving Adam. Conversely, the soulful Adam finds solace in centering on those things that are healthy for our spirits. For example, making priorities of God, family, and friendships all typify the soulful Adam. Every human, as Ken argues, embody these two Adams. They are not at odds with each other for many would agree that you need both to survive in this world. However, humans have a tendency to worship the former. Often times we are so wrapped up in our accomplishments, the future, the successes at our workplaces, or other distractions that we forget to tend to our soulful Adam. This book is about navigating this world by feeding our soulful Adam a diet of spirituality in, as the subtext of the book describes, a “world that pressures us to achieve.”

Part 1 of this book examines the two selves, the soulful Adam and the striving Adam. Part 2 is the meat and heart of the book: the “survival habits of the soul,” or those practical disciplines that guide our soulful Adam. The chapter themes are as follows:

meditation; sabbath; gratitude; simple abundance; servanthood; friendship; vocation; and redefining greatness.

I found some of these chapters to be extremely helpful. Friendship, in particular, was a convicting chapter to read. Friendships strengthen us, as Ken explains, encourage us and builds us up. Jesus surrounded himself with friends and we too need to have godly Christian friends that refreshen us in the chaos of the world. Ken challenges the reader to pursue those friendships that "...[inspire] you toward Christ and his call upon your life..." I also found the chapters on simple abundance, gratitude, vocation, and redefining greatness helpful as a reminder to continue to practice such things.

I also found the chapters on meditation and the sabbath to be inapplicable to me personally. While I was reading this book, I was telling my wife about the chapter on meditation. I asked her if she would meditate and she quickly, without much thought, said flatly, "no." While I understand the spirit of meditation (and specifically what Ken talks about when he says "meditation" is not identical to the Buddhist type), I don't find that practice particularly helpful to me. I do not believe there is mandate for a sabbath as well in the Bible, so while I think it is a good idea to get rest on one day, I do not think that Christians are sinning if they do not.

These are a few minor points to an otherwise well written and well thought out book. I think this book will be very helpful for those who struggle with battling their career driven desires. The chapter on redefining greatness sums this up nicely:

"When we come face to face with our own death, we realize that it doesn't really matter if we went to a great school, are on a prestigious career track, have spectacular achievements, or have raised accomplished children. What matters is that we know that God loves us and cares about who we are becoming far more than what we do or don't do."

These words ring true for so many. For more information, please visit the website: survivalguideforthesoul.com

I was given a free copy of this book in exchange for providing an honest review.

David Lee says

At some point in life, it seems like many of us wonder if we are becoming too consumed with the desire to lead the outwardly "successful life" measured by accomplishments and achievements. And in doing so, are we neglecting our true, inner selves and spiritual growth? Reading Pastor Ken Shigematsu's new book has helped me to make sense of this dichotomy which exists within us all, and to realize that both sides are a part of who God has made us to be. Ideally, we should strive to find a balance between the two.

In his new book, Pastor Ken outlines 8 practices designed to help us get back in tune with our spiritual life with God, while living in the midst of our busy lives. While some of these may speak to you more than others, all of them have merit and are worth thinking about and giving a try.

As with Pastor Ken's previous book, he draws from a wide range of sources, such as the Bible, other writers (both Christian and secular), scientific studies and research, pop culture, and personal stories from his own experiences and those of colleagues and friends. It is these personal stories which speak to me the most, as things become more concrete to me when they are attached to actual people.

We all have our own stories, thoughts, and experiences to share. I would encourage you all to share yours after reading this book while recommending it to others.

Nicholas says

While there are many books I enjoy, and many that I find fulfilling, every once in a while, I come across one that really speaks to me where I am currently at in my life and causes me to really rethink my priorities. Ken Shigematsu's "Survival Guide for the Soul" is one of those books that spoke to me, and Ken's words were refreshing for my soul.

In the book, Ken talks about how we each have a "striving Adam" and a "soulful Adam" within each of us. The striving part of us seeks to achieve something significant, whether it be in our schooling, work, social relationships, and so forth. Meanwhile, the soulful part of ourselves yearns for relationships and strives to find meaning in life. While both these are necessary to create our whole selves, society today tends to emphasize ambition and achievement, so much so that we neglect our soulful sides.

And this is where I found myself when I was reading the book. Having completed my graduate education, I felt that to be "successful" I needed to find a great job, be successful and well-known. But when things didn't work out quite like I had expected, I began to feel worthless, as though I was a failure, and that I had let everyone down. Ken's book reminded me, however, that while ambition can be a good thing, it's not the entire story, and if we give equal focus to our soulful side we can find a peace that would otherwise elude us.

I also appreciated that beyond talking about these two parts of our person, Ken also provides many practical exercises we can incorporate into our lives to help shift our focus more to the inner life of our soul. These include practices such as meditation, taking time for rest (Sabbath), and cultivating friendships. Some of the exercises Ken describes may not be for everyone, but they do provide a great starting point for exploring rhythms that could be helpful in our own lives.

The back of the book says that "we live in a society that pressures us to achieve professionally, socially, and through the constant acquisition of material possessions." Our society seems to be continually growing more competitive, and as such, I believe Ken has written a very timely book that can help draw us back to focusing on our souls, and ultimately on what is most important in life.

****Disclaimer:** I received an advance reading copy of this book in exchange for an honest review.

Susie Lee says

Ken Shigematsu's latest book "Survival Guide for the Soul" will quench your soul. He provides everyday tools on how to navigate through life's struggles of comparison, pursuit of success, and insecurities. It will bring clarity in a time of confusion and peace in a time of uncertainty.

As you read this book, I encourage you to "Be doers of the word, and not hearers only" (James 1:22). Each chapter you incorporate into your life will build a foundation for your soul and guide you in your vocation. This book will help you to integrate a 24-hr rest period once a week, wind down each day with a few simple questions, and exercise gratitude in times of stress.

This book is a wonderful companion to his first (and best selling) book "God in My Everything : How an Ancient Rhythm Helps Busy People Enjoy God".

Olivia Lau says

I'm sure we can all agree that living in the 21st century can be pretty stressful, trying to keep up with the Joneses, trying to live up to societal expectations, trying to reach "success".

This book helps us recall that if we're grounded by the knowledge that we are deeply loved by God, with no need to prove ourselves worthy to the world, then we are released from this fear & worry.

The style of writing was easy to read, with many examples provided from the Author's life or from those of historical figures to help provide mental illustrations.

If you happen to be a fan of David Brooks' writings, this book reminded me of "The Road To Character" with the Adam I & Adam II references and examples to illustrate how one can lead a fulfilling life. However, Survival Guide for the Soul is a more spiritual read; although I'm sure that readers from any walk of life will find that this book provides meaningful guidance.

I would recommend reading this!

Angeli Ferrer says

God's Love Rediscovered: A review of "Survival Guide for the Soul" by Ken Shigematsu

The book almost immediately struck a raw nerve in me. Within the first 2 chapters, Ken brings to the surface this ongoing duel between what he calls "my striving self" and "my soulful self."

To put things in context, I am a wife, mother of 2, and a career person putting in at least 60 hours of work per week. Like most people in my situation, I engage in a tug-of-war of priorities that Ken so vividly describes in his book. For example, sending that one last work email and consequently buying take-out versus dropping everything by 5pm to prepare a home-cooked meal and having enough family time. Almost always, I find that it is my "striving self" that wins the tug-of-war. And why is that?

Ken goes on to explain the reasons why I so easily give in to my striving self. My striving self gets rewarded materially and psychologically. This satisfies my deep need for achievement and overrides any negative feelings of "not enoughness."

Ken then beautifully describes how the reality of God's love could help me overcome my feelings of inadequacy and self-rejection that quite often drive my striving self over the cliff. Certainly, I have known and declared of God's love for me even as a child. But this book made me realize that I have not embraced nor appropriated God's love for me enough in a way that it could impact my priorities – even something as practical as whether I should send that one last work email or not.

The next chapters delve into spiritual practices that Ken calls "the survival habits of the soul." These are meditation, taking the Sabbath, being grateful, living simply, servanthood, friendship, and discerning our vocation. Through the example of Jesus in Scripture and stories of real people, Ken convincingly shows how each spiritual practice brings us closer to the experiential reality of God's love and how this love could be meaningfully channeled towards our neighbors. Ken brings home the point that as we allow God's love to

permeate our whole being, our soulful selves are cultivated to bring out the best in our striving selves.

So if you are like me who may have at one point been tempted to raise the white flag to this notion of “work-life balance,” this could be the book for you. You will be pleasantly surprised to realize that God’s love, like a treasure hiding in plain sight, could be rediscovered by you in a way that will give you the freedom to live meaningfully and productively in this competitive world.

Volney Hui says

Shigematsu wrote “Survival Guide for the Soul” at the time when he realized how much weight he had placed on his striving ambitions, till a point he lost the balance of his life. The book talks about balancing the two major aspects of humanity: an ambition side (Shigematsu calls it the “Striving Adam”) and a longing side (Shigematsu calls it the “Soulful Adam”). In order to live a fruitful and balanced life, Shigematsu invites readers to walk towards a harmony between the Striving Adam and the Soulful Adam.

Moreover, Shigematsu reminds readers to “live out of a strong sense of self-identity rooted in a deep knowledge of God’s love and acceptance.” He says, “Our fundamental problem is not having too strong a sense of our self but [it is the] too weak a sense of self.”

I totally agreed with what he says. I often find myself falls into the temptation of feeling rejected easily, rooted in my deep sense of ‘not good enough’ from my childhood experiences.

The majority portion of the book guides readers to the how question, how to transform the internal message of “[I am] stupid, mistake, fraud, not enough, worthless, ugly and loser” to the Words of truth about us, “[I am] Beloved, Beautiful, Blessed.”

Shigematsu, with a PhD in Spiritual Formation, humbly leads readers to several spiritual exercises in his book, in order to help readers to attune to God’s presence. He says, “we easily forget that we are deeply loved by our Maker. A rhythm of spiritual practices helps us remember to whom we belong and by whom we loved.” He quotes Richard Foster verse, “The [spiritual] disciplines allows us to place ourselves before God so He can transform us.” Therefore, the purpose of practicing spiritual disciplines, is not to ask God to love us more, but is to remind us how much God loves us.

Shigematsu introduces the following spiritual disciplines in Part 2 of his book: Meditation, Sabbath, Gratitude, Simple Abundance, Servanthood, Friendship, Vocation, and Redefining Greatness.

He quotes an interesting study on people with different temperaments and their preferred spiritual practices. He says 40 percent of believers in North America are Ignatian type in their spiritual practices, 38 percent are Franciscan type, 12 percent are Augustinian type, and 10 percent are Thomistic type (I will let you explore the book and find out what does each type mean). In addition, he says, believers connect to God in various ways according to the different seasons of their lives (I personally find it very true to me). He encourages readers to give enough time to try out the different spiritual practices before giving up a particular one.

Last but not least, I really agree with him that, in times of stress, it’s easy for us to use old addictive habits to numb out our pain or release us from distress. Having a rhythm of spiritual practices helps us to transform our old selves into what God prepares for us to be, to have a fruitful and rich life.

Gail Chung says

This book is brilliant! It is a gift to believers to help them reorient their lives so they can break free from the rat race and avoid the traps of worldly success. This book will help them get off the treadmill and start living the fullness of life that God had designed for humankind before the Fall- a life of joy, contentment, and complete fulfillment. The author helps believers redefine the definition of success and redefine the definition

of true greatness as seen through God's eyes rather than through the world's eyes.

The author speaks about how each one of us has been compromised by the "radioactive devastation of sin" which causes defects in our desires and behaviours. We, like Adam and Eve, have been deceived into thinking that we have control over our lives, and have been lured into believing that we too have the ability to become like God. When we take control of our own lives and usurp that position from God, "our hearts experience distorted desires for pleasure, power, and privilege - which in turn breed shame, fear, and alienation from God, our true selves, and one another. Our disfigured desires cause us to feel dis-ease before God, leading to further distortions of desire that draw us farther away from true ease and happiness."

But Jesus came to the rescue! He redeemed our desires and reordered our lives. He reordered our affections "from ambiguity to integrity, from breadth to depth, from fear to love, from competition to calling, from drivenness to grace, and from seeking approval to accepting our acceptance."

Jesus constantly reminds us of who we are, and more importantly whose we are in Christ. Unfortunately, we keep forgetting this! When we forget our identity in Christ, we immediately fall back into defeated ways of thinking, being, and living and we fall right back to our distorted desires.

So how do we remember our true identity and prevent ourselves from back sliding? By staying close to Jesus. The author proposes multiple spiritual practices that help us create space for God in our lives so that we can stay close to Him and be constantly reminded of who we are, how deeply loved we are, and how we don't need perform and achieve to appear successful in His eyes, or to rely on achievement for our sense of self-worth.

These spiritual practices are designed to awaken us to God's presence and enable us to live life freely as beloved children of God. These practices will help remind us that we are beautiful, blessed, perfect, created in His image, and worthy not because of what we have achieved, but simply because God created us and He loves us just as we are. We don't need to prove our worth (like the world expects us to) and we certainly don't need to earn God's love by doing for Him (also like the world expects us to).

These practices will also help us not only survive but flourish in a culture that pressures us to compete, to achieve, to measure up and to become rich and successful in order to feel worthy. Now there is nothing wrong with achievement or with being rich and successful. It's just that we, as believers, don't need to buy into the world's way of thinking in order to feel successful, worthy or to loved. As the author suggests, success can be defined by other means. These spiritual practices protect the soul. They are truly survival habits for the soul.

The author reminds us that God is with us all the time and is constantly reaching out to us. Unfortunately, most of us remain distracted and unaware. He encourages the reader to engage in these spiritual practices in order to protect the soul.

For non-believers, the author provides a wonderful alternative perspective to life that is so much more pleasing than the worldly perspective. For those who don't know anything about the Christian faith, this will be a refreshing read!

My recommendation is to go buy this book. This book needs to be on everyone's bookshelf!

Pearl Chow says

‘Survival Guide for the Soul’, is a gift and an inspiration. Like his first book, ‘God is My Everything’, Ken Shigematsu’s second book is an anthology of practiced disciplines born from his knowledge of both ancient and contemporary works. I am delighted to receive this book as part of its launch and this review is my honest opinion.

I am grateful to have heard Ken speak over the years as part of the Tenth Church community. This book serves as a compass when life becomes too busy or disorienting. I will often revisit the ‘Survival Guide’ as I work out what God works in me: to better know that I am his beloved; “...being beloved is the core truth of our existence.” How do we acknowledge this? Ken illustrates the practice of spiritual survival through many ‘ordinary’ others. I feel blessed to know some of them as friends. As presented in this book, Soulful Habits are making the ‘extraordinary’ difference in their lives.

Pastor Ken’s writing is like fresh air after a spring rain. He opens up about how honouring his soul can be harmonious with his ambitious, worldly self. Some habits come easier to me (gratitude, servanthood). Others will need to be tweaked or trialed (simple abundance, meditation). He is encouraging and kind; you don’t have to master all these habits overnight, nor will all align with your soul, instead “...embrace the spiritual practices that are consistent with the grain of (y)our character.” Ken writes like he speaks, and if you ever wanted a compilation of his sermons to reference, get this book.

Craig Pagens says

Really enjoyed reading Ken's latest book.

In Survival Guide for the Soul, Ken explains eight practices that can help our life with God to flourish even in the midst of a busy life. Ken's writing style is easy to follow and full of stories that help to explain his major points. I found the chapter on Sabbath a helpful reminder of the ways that spiritual practices can help point us towards Christ. Similar to how I carve out intentional time for my wife and friends so too spiritual practices are intentional time where we seek to meet God and receive His love.

Thank you Ken for the reminder of the ways that spiritual practices can draw us closer to God.

Caroline says

I received an ARC of this book as part of the launch team. This book did a fantastic job of mixing together the spiritual disciplines with mental health and neuroscience, and I loved it! The author did a great job of talking about the achiever within us, and how this impacts our faith and relationships.

iz says

Contrary to what the title might suggest, this isn't a step-by-step guide to achieving your "best spiritual self" (thank heavens!), but reads more like a personal and heartfelt sharing, with loads of practical suggestions peppered throughout.

One of the key concepts in the book is the notion that we all have a Striving Adam and a Soulful Adam within us. The Striving Adam wants to be productive and successful, while the Soulful Adam wants real, authentic connection and meaning in life.

Shigematsu goes on to talk about how these two opposing aspects of our inner selves can find harmony and balance through spiritual practices like meditation, keeping the Sabbath, practicing gratitude and having a servant heart.

All of this resonated with me. I've spent most of my waking hours working, to the point that everything else - my health, relationships and friendships - fell by the wayside. But I've learned to stop striving for external affirmation, and to stop depending on my own strength. I've learned that work is essential and necessary, but it shouldn't define who we are. I've also started to practice meditation through silent, contemplative prayer, like Shigematsu suggests, and it helps to make me feel less flustered and stressed when I think of what I need to do for the day ahead.

As a member of Tenth Church in Vancouver, where Shigematsu serves as senior pastor, I appreciate the candour and self-deprecating humour in his sermons. This book has the same approach and tone, which I enjoyed. I also liked that every chapter in the book had a page featuring questions for reflection and discussion as well as a closing prayer - perfect for a life group study or devotions with your significant other!
