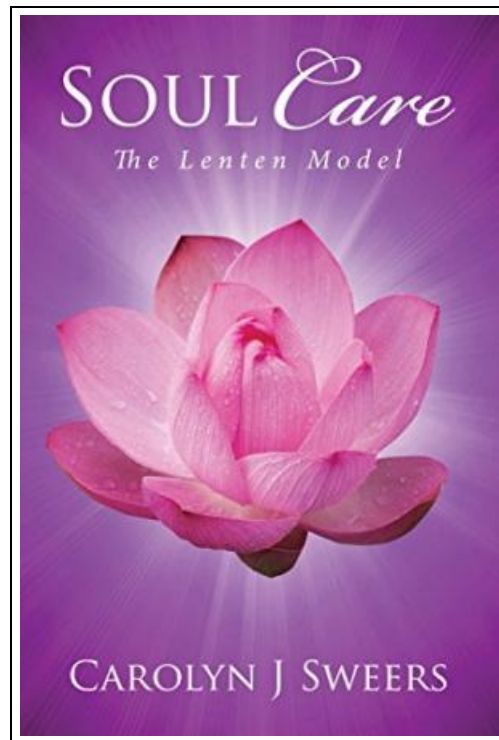


## Soul Care: The Lenten Model (Paperback)



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Toplink Publishing, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Soul care, said Socrates, was the most important activity a human could do. It was far more important than such common human concerns as the desire for money or honor ( likes on Facebook?). Socrates demonstrated by example what he meant by soul care: 1) a realistic attitude about death, 2) the importance of an examined life, 3) recognition of the limits of human understanding, and 4) the responsibility of being a good citizen. As this book tries to show, these Socratic themes are very similar to the three Lenten practices: fasting, almsgiving, and prayer. Lent begins on Ash Wednesday--a stark reminder of mortality and the importance of focusing on things that really matter. Fasting, though traditionally associated with food, has a broader meaning of refraining from any and all impediments to spiritual development. Almsgiving is a practice made necessary by the interconnectedness of the human community. Prayer is the practice of recognizing what I call the framing Mystery of our lives. Though nothing in the book is inconsistent with the Christian practices as I have understood and lived them, the intent of the book is to describe the essentials of soul care in such a way as to engage the reader. It is hoped that this engagement will lead to the sort of examined life that Socrates said was so essential. Come. See for yourself!.



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