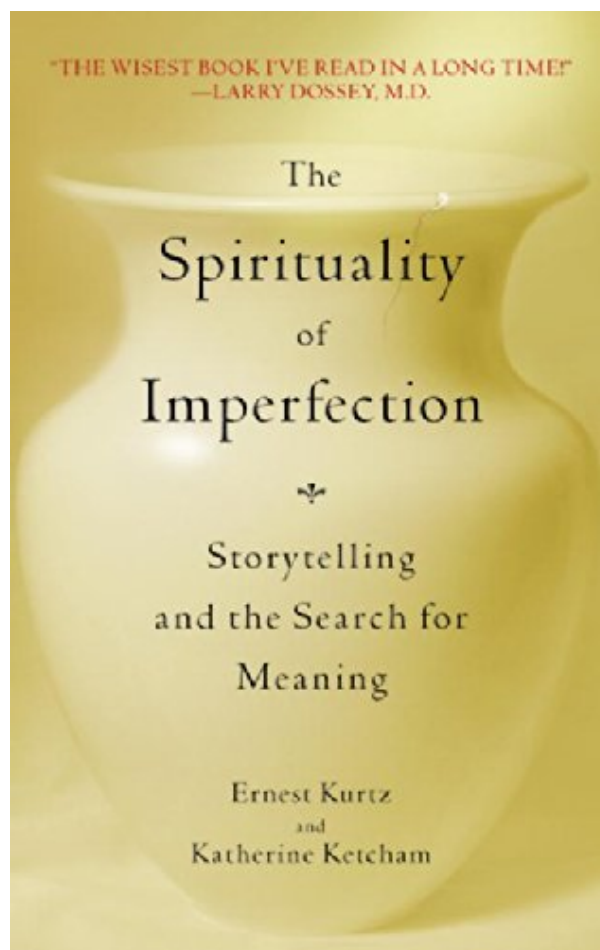


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Storytelling
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Ernest Kurtz
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The aim of this book is to explain the underlying spiritual--although not necessarily religious--principles of Alcoholics Anonymous. Part 1 presents the emphasis of this spirituality, which is the recognition and especially the acceptance of humans as imperfect beings. Part 2 tells how the founders of AA put spirituality to use. Part 3 discusses the benefits: release, gratitude, humility, tolerance, and forgiveness. On nearly every page, the authors retell stories and provide anecdotes from various sources: ancient Christian, Muslim, Jewish, Greek, and more. One need not have an interest in AA to benefit from this fine introduction to spirituality. This is recommended.

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Review

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"I Am Not Perfect is a simple statement of profound truth, the first step toward understanding the human condition, for to deny your essential imperfection is to deny yourself and your own humanity. The spirituality of imperfection, steeped in the rich traditions of the Hebrew prophets and Greek thinkers, Buddhist sages and Christian disciples, is a message as timeless as it is timely. This insightful work draws on the wisdom stories of the ages to provide an extraordinary wellspring of hope and inspiration to anyone thirsting for spiritual growth and guidance in these troubled times.

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