Good News for Bad Days: Living a Soulful Life by Paul Keenan

Excellent! Gives Soul Survival Techniques In Simple Terms.

In the tradition of Care of the Soul and First You Have to Row a Little Boat, Father Keenan presents a practical approach to satisfying spiritual hunger and living a more joyous life.

GIST: A spiritual advisor seeks to comfort. HAMMOCK-TIME: This slim volume takes very little time to finish, perhaps one weekend in your hammock or beach chair. PACE: Fast-paced. STYLE: Clear, concise. SUBSTANCE: Raised as a Roman Catholic, I've always felt a bit guilty in my ongoing interest in New Thought theories and techniques. I was more than pleasantly surprised to learn that Fr. Keenan recommends several New Thought type ideas and methods. Because of my Catholic background, it also meant a great deal to me that Fr. Keenan has a sense of balance, an openness tempered by intelligence and caution. So many New Thought authors, some recommended by Oprah, have lost compassion or even a sense of integrity as they steal quotes from each other and from long-dead philosophers. Worse, they promote each others ideas as if they alone hold the monopoly on knowing how the Universe precisely operates. Fr. Keenan seems to rise above this good ole guru network, and truly to come from an authentic place of love and truth. His humility is refreshing, and comforting. QUIBBLES: Because he is so humble, he never stated what radio stations air his programs. It took some research. COMPLEMENTARY BOOKS: Any book by the late great Fr. Henri Nouwen, whose work, The Wounded Healer is a classic. His insight and compassion are endearing and inspiring. END

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