

Reader Views

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Spirituality Simplified

by Jeff Maziarek

Spirit Simple (2003)

Reviewed by Danielle Feliciano for Reader Views (1/06)

Jeff Maziarek has written an incredibly simple, yet all-encompassing, book about spirituality. *Spirituality Simplified* is easy to read and extremely well organized. It touches upon a number of major components of spirituality, and not only addresses them in the book, but recommends other sources for further reading about each of these topics. Each chapter ends with a summary which is very helpful in pulling together all of the basic information in one chapter before moving onto the next.

Spirituality Simplified is simply written, yet contains a wealth of information that is usually impossible to find in a book so easy to read. Maziarek interweaves his personal thoughts and experiences with quotes from a variety of sources, as well as friendly narrative that is never once condescending or intimidating. I personally found it enlightening, and never once felt “preached to”. Maziarek has found a way to tackle what could be a sensitive topic with grace and respect, and has written a book that is appropriate for everyone. This book is a wonderful resource for anyone who is interested in exploring spirituality, and I would highly recommend it, whether you are a novice to the idea of spirituality, or have been exploring spirituality for some time.