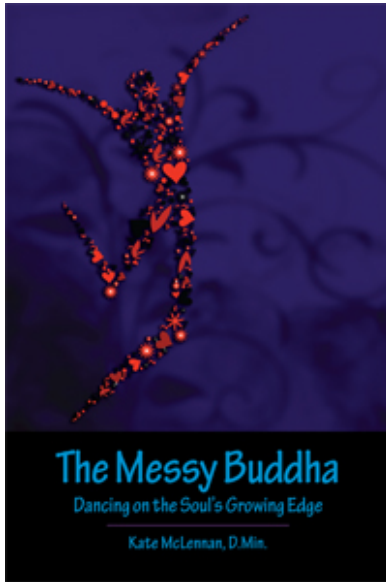


The Messy Buddha

Dancing on the Soul's Growing Edge

by Kate McLennan, D.Min.



Format: 6 x 9 Paperback cream

ISBN: 978-1-4327-3550-0

Cover Price: \$16.95

Trade Discount: 25%

Also Available: Ebook Edition

Pages: 204

Category: Body, Mind & Spirit/ Growth

Available at: <http://www.outskirtspress.com/messybuddha>

Distributed via: Ingram, Baker & Taylor

Published by: Outskirts Press, Inc.

Full trade discount at: <http://www.outskirtspress.com/buybooks>

Publication Date: Apr 21, 2009

A Soulful Approach to Life and Art As Spiritual Practice

Have you ever wondered why bad things happen in your life when you know you are doing all the right things?

Is illness merely a wake up call or is there a deeper spiritual meaning?

What propels you to your soul's growing edge?

To be a buddha means to be awake while living the questions.

The Messy Buddha spotlights Kate McLennan's journey to awaken and find meaning while dancing on her soul's growing edge through cancer, chronic illness, and the messiness of life.

♥ Explore meditation and body prayer.

♥ Cultivate creativity as spiritual practice.

♥ Awaken with *The Messy Buddha*.



Photo by Dr. Shaz Austin Davison

Kate's inspiring book blends insight, music, enlightening realizations, and spiritual guidance to steer us in this intrepid journey toward our inner spaces. She empowers us to deepen into our own revelations in this celebration of life.

*Part spiritual memoir, part instruction manual —
wholly dance steps for the soul's growing edge.*

About the Author, Kate McLennan, D.Min.

Rev. Dr. Kate McLennan is an interfaith minister, and a captivating performing artist. Her leukemia survival story was filmed for the Lance Armstrong Foundation's website (www.livestrong.org). Kate lives in the Texas Hill Country outside of Austin with her beloved partner of several decades, five dogs, and one ancient cat who actually sleeps on a hot tin roof.

www.messybuddha.com and www.katemclennan.com

Photo by Brenda Ladd

For more information, visit <http://www.outskirtspress.com/messybuddha>

