

BOOKLIST

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By Susan DeGrane

The New Kitchen Mystic ***A Companion for Spiritual Explorers***

Grieco, Mary Hayes (Author)

Jun 2013. Beyond Words, paperback, \$16. (9781582704265). 218.

Studying a spider at close range during a walk in the woods. Picking up trash in an inner-city neighborhood. Allowing troubled youth to assist in a search for lost keys. Grieco's updated version of *The Kitchen Mystic*, first published in 1992, captures many splendid moments within ordinary circumstances. A teacher of forgiveness training from Minneapolis, the author somehow manages to explore twenty-first century existence while acknowledging the negative forces that blind and bombard us. Her delightfully readable chapters explore universal concepts of forgiveness, acceptance, giving and receiving love, and the need for self-discipline. Offering personal stories and unpretentious assurances for "spiritual explorers," this also provides several recipes for contentment and spiritual growth, much on the order of a cherished cookbook that enriches our quality of existence by explaining basic cooking concepts. A special book that deserves a place on library shelves.