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Book Reviews

DIVINE WARRIOR TRAINING: Manifesting the Divine in Our World

by Thomas F. Capshew, Ph.D.
 Innerspark Press, August 2008
www.innersparkpress.org
 917-721-0996

As most of us know, we can read about and intellectually embrace a spiritual concept, but to actually "do the work" to incorporate that concept into our lives is another story. In Divine Warrior Training, Thomas Capshew provides clear guidance, helping us to actually do the work we need to do. In this easy to grasp yet profoundly empowering book, Capshew gently encourages us to explore our edges and move into those "shadow" areas of our lives that we would otherwise choose not to visit. We are reminded that, "the most powerful force that humans have is the power of choice... Choice can move us toward the Divine and choice is what can keep us separated from the Divine." Part reader, part resource guide, part workbook, Divine Warrior Training is a valuable asset to anyone exploring the realms of conscious spiritual growth.

– Andrea Garvey, Editor

THE FINDHORN GARDEN STORY

by the Findhorn Community
 Findhorn Press, June 2008
www.findhornpress.com
info@findhornpress.com

"One radiant energy pervades and gives rise to all life. While it may speak to us through plants, nature spirits or the human beings with whom we share life on this planet, all are reflections of the deeper reality behind and within them." So begins the Findhorn Garden Story -- an updated re-release of the history of the garden, relayed through narratives by its founders and some present-day gardeners. This is a story of communication with all types of "unseen" beings and the humans who, in cooperation with "nature spirits" work together to consciously create great beauty and abundance. Giant vegetables, enormous fruit and unique flowers are miraculously grown on a plot of poor, sandy soil in a remote, barren area of Scotland. Findhorn beautifully illustrates the wisdom of surrendering one's ego to the Divine, going with the flow – even when it does not make any sense at all – and following "not my will, but thy will be done." Whether one gardens or not, this book offers a delightful and inspirational journey.

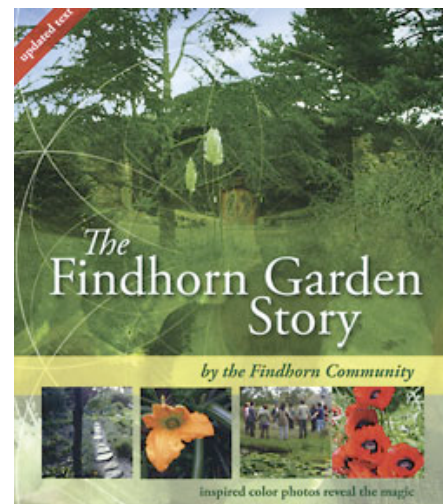
– Andrea Garvey, Editor

MAXIMUM SECURITY: The True Meaning of Freedom

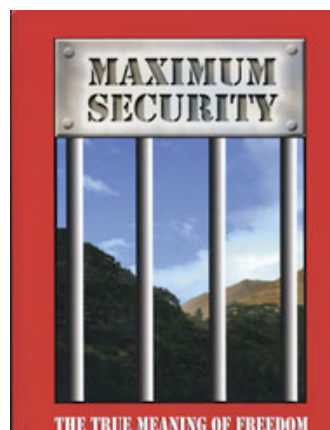
by Alan Gompers
 Burns Park Publishers
www.burnsparkpublishers.com

Maximum Security: The True Meaning of Freedom takes the self-help genre to new heights, combining "how-to" with an exciting, real life memoir. Alan Gompers, a New York native, made millions by conning thousands, lived a lavish lifestyle, sold drugs, and paid the price with a 15-to-life sentence in a maximum security prison. While there, the captivating story of how he discovered the meditative path of Siddha yoga will inspire your quest for inner freedom and peace. An empowering "must read" for anyone wanting powerful yet practical guidelines for their own liberation.

– John Calabrese, Editor-at-Large



inspired color photos reveal the magic



OPEN THE BOOK: A Teacher's Guide to Capturing the Most Difficult Crowd

by Lucian T. Durso
Tate Publishing, 2007

www.tatepublishing.com/bookstore

As a high school tutor, I've seen firsthand that for those teaching kids today the odds are against us. In *Opening the Book*, teacher/coach Lucian T. Durso provides pointers to address the changing educational needs of kids in an era of technology and deteriorating social values. Blending old-fashioned methods and innovative techniques, he advocates consistency and a tough love discipline, cautioning against reliance on positive reinforcement and passive approaches. Included are effective tips for motivating students, and unconventional recommendations for everything from driving to proms to school lunches. In this holistic vision of education, Durso emphasizes the educator's charge of instilling positive values like kindness, respect and compassion but calls for a cooperative effort amongst parents, educators and the media as the ideal. Provocative, potent and at times radical, this slim, easy-to-read commentary is a must read for all concerned about our youth.

– Rachel Marks, Huntington

Alan Gompers

