



Radical Optimism: Practical Spirituality in an Uncertain World

Beatrice Bruteau

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With a background in Vedanta and Catholic Christianity, as well as the natural sciences, Dr. Bruteau was a pioneer in developing a broad, inclusive vision of human reality, which can be best described as practical global spirituality. Her vision of life was an inspiration to some of the most influential thinkers of our time. In *Radical Optimism* she shines new light on the deepest truth we can know about ourselves: each of us is one with God, here and now. She helps us to understand what this really means, to know the happiness it brings, and to cultivate a contemplative consciousness. This book is both enlightening and immensely practical.

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