



Spiritual Delights and Delusions: How to Bridge the Gap Between Spiritual Fulfillment and Emotional Realities

Steve Posner

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While spiritual delusions lure us into thinking that enlightenment brings the elimination of all suffering, spiritual realism helps us love the world as it is. Steve Posner links his personal experiences with spiritual wisdom from all over the world in order to reveal a reliable path toward a more realistic spirituality. Charting a course that can be followed by anyone of any faith—or even of no particular faith— this book is a guide for imperfect people who seek enlightenment in an imperfect world.

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