



Keeping the Faith Without a Religion

Roger Housden

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A Compelling Exploration of the Emerging Secular Spirituality

What is faith? It is not something we must receive from a religion, nor is it a quality we must abandon in order to be rational. "Faith is not the same as belief," writes bestselling author Roger Housden. "A nonreligious faith allows us to live with uncertainty, change, and mortality?to embrace life in all its sublime beauty." For the many who self-identify as "spiritual but not religious," Housden's book *Keeping the Faith Without a Religion* offers us a way to embrace the extraordinary mystery of our lives without resorting to blind dogmatism or nihilistic scientism. He invites us to investigate:

- Faith and belief?how our hunger for certainty and easy answers impedes the growth of a mature spirituality
- Guidance for building a personal faith based on your own inner experience
- How faith in life's uncertainty can lift us through hard times?even when we know there are no guarantees
- Love, joy, and beauty?what these experiences can teach us about the intelligence of the universe

Today, many of us seek a new approach to spirituality that honors both the rational and the mystical in equal measure. With *Keeping the Faith Without a Religion*, Roger Housden offers a guidebook for free-thinking seekers?an inspiring call to step beyond the need for one absolute truth and trust ourselves to the unfolding of our singular, extraordinary life.

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