



Happy Heretic: Seven Spiritual Insights for Healing Religious Codependency

By Leo Booth

Audible Studios on Brilliance, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Religion can be source of comfort when facing struggles both personal and universal. But clinging to religion as a codependent fix for all problems can cultivate excessive fear, shame, guilt, and low self-esteem. Acclaimed author Reverend Leo Booth, a Unity minister and former Episcopal priest, warns that a belief in tenets like Everything happens for a reason and This is in God s hands can be the first step in developing religious codependency. Rev. Leo turns traditional thinking and spirituality upside down by suggesting that many toxic messages emanate from core religious beliefs. In The Happy Heretic, he challenges beliefs like original sin; a dogmatic, one-way path to God; the shaming of human sexuality, religious codependency; and the exclusiveness of Jesus perfection within the human race. The arguments he presents are derived from Pelagius, a fourth-century monk who challenged the teachings of St. Augustine; and Rumi, a revolutionary 13-century poet and philosopher. In his confessions, St. Augustine s states, It is only by Your grace and mercy that You have melted away the ice of my evil. Pelagius felt this idea lacked balance. It affirmed only...



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