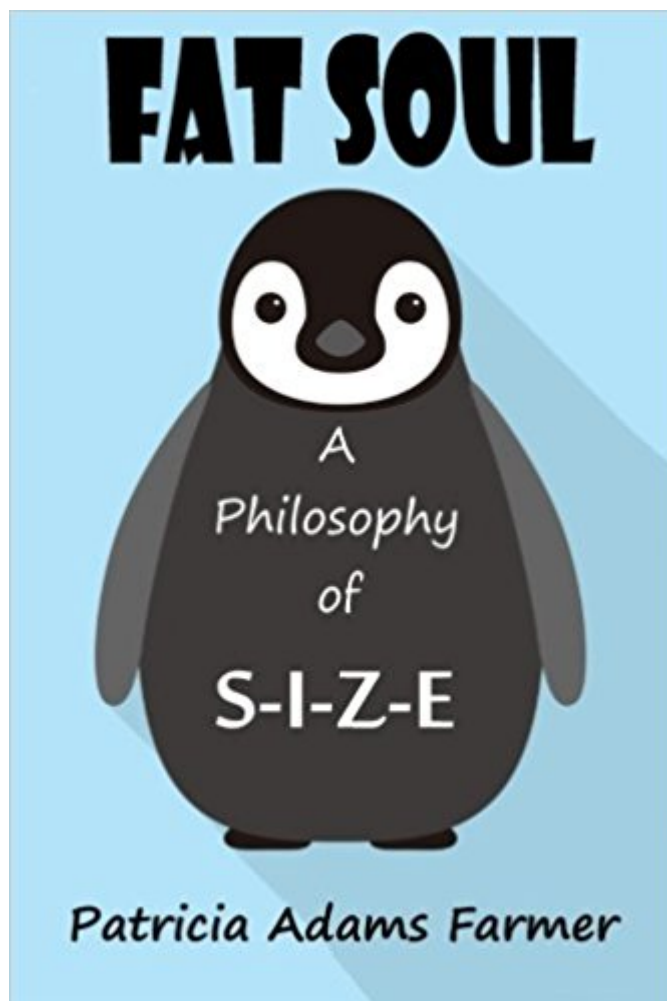


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# Fat Soul: A Philosophy Of S-I-Z-E



## Synopsis

Within these pages lies a creative adventure into soul expansion for the sake of beauty, reconciliation, and planetary well-being. Themes of self-compassion, kindness towards those who are different, and gladness of spirit against the growing tide of narrow, rigid, fearful worldviews weave through the text. Written during her five-year sojourn in Ecuador, the author of *Embracing a Beautiful God* develops her playful-yet-serious philosophy of S-I-Z-E in a series of soul-expanding reflections, inspired by the vast beauty and personal challenges of living in the Andean country. The reader is invited to explore with the author the many dimensions of growing the soul through the four major sections of the book: *The Beauty of Inner Immensity*, *Fat Soul Planet*, *Fat Soul Luminaries*, and *The S-I-Z-E of Hope*. • "Fat Soul is the result of an outlandish feast spread by an extravagant Lover who longs for us to awaken to the spaciousness of our own inner universe. It's so big you almost feel weightless." • "Tim Carson, author of *Six Doors to the Seventh Dimension*. • "In a world constricted into brittle, rigid smallness, Patricia Farmer cracks open our hearts and invites us into a great, big bear hug of soul. Fat Soul holds out the possibility of a life lived whole, lived large, lived with love and generosity. This is a book I will read again and again, and you should too!" • "Rabbi Bradley Shavit Artson, author of *God of Becoming and Relationship*. • "This is the book you didn't know you needed to read, and then, when you've read it, you wonder, 'Where has this book been all my life?' Well, here it is. Chock full of practical life-learned wisdom and intriguing bouquets of fresh imagery, Patricia Farmer's riffs on enlarging one's river of life overflow with warmth, vitality, and unforgettable insight. Get ready for an abundant feast!" • "David Polk, author of *God of Empowering Love*. • "Patricia Farmer invites us to claim our grandeur, face our darkness, and out of this creative synthesis bring healing to this good earth. This text should be read slowly as you would savor a Godiva chocolate, so that it might flavor your spirit and invite you to taste and see the beauty of life. As you read this text, prepare to be transformed." • "Bruce G. Epperly, author of *Process Theology: A Guide for the Perplexed*

## Book Information

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## Customer Reviews

Patricia Adams Farmer is a wonderful writer and this book is worth far more than its price. While Patricia is a philosopher and theologian, this book is not preachy or pedantic. Her philosophy is accessible, quite practical, and even fun, but there is also an element of enchantment and whimsy in her view of life. The author shares her experience of finding God in the beauty and wonder of Nature, finding joy in the kindnesses and vulnerabilities of others, and learning from many of the well known Fat Souls profiled in the essays. Farmer trusts her own heart and Fat Soul while walking her spiritual path and she bravely shares it with the reader. Reading her brief essays will expand your mind and heart in surprising and often comforting ways and your soul will become Fat and wide in the process. In fact, she views God and life as a process, taking many of her ideas from the Process Theology of Alfred North Whitehead. This is a necessary purchase for all spiritual and philosophical seekers, and anyone who is curious about what a Fat Soul is all about. A great way to fatten up without needing to diet afterwards!

You have got to get this book! Graceful, heart-warming, provocative - all words that describe Fat Soul. Patricia Farmer combines the best of an elegant progressive theology with personal experience. And it is written in chapters that work nicely for daily devotional or meditative times. Very nice.

A truly delightful and insightful book! Patricia Farmer makes process theology accessible, engaging, and enchanting. The book is like enjoying a Godiva chocolate or a good cup of tea or coffee, leisurely, tasty, inspiring, and energizing.

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