



# Heart of Flesh: Feminist Spirituality for Women and Men

*Joan Chittister*

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## **Heart of Flesh: Feminist Spirituality for Women and Men** Joan Chittister

What does it mean to live out a feminist spirituality in a world that glamorizes violence and legitimizes domination?

Best-selling author Joan Chittister takes a very real look at what it means to have a feminist spirituality--a "heart of flesh"--in today's culture. She unmaskes the effects of sexism on both men and women and describes a spirituality that makes healthier, happier human beings of us all.

According to Chittister, the patriarchal culture that has shaped our world has also brought us to the edge of destruction with its dualisms, hierarchies, and inequality. She outlines the historical realities that produced this situation and describes how patriarchal culture and spirituality maintain their hold on us. She then argues that there is another way which is better and introduces us to a feminist worldview that, in recognizing the full humanity of women, leads all of us to new, better ways of being and relating.

*Heart of Flesh: A Feminist Spirituality for Women and Men* offers a dynamic vision of spirituality from one of our finest writers of spiritual literature.

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