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I'm Spiritual Dammit!: How to Keep Your Feet on the Ground and Your Head in the Stars

Jenniffer Weigel

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Is it possible to be grounded AND have a rich interior life? Is it possible to get through the day with poise when everything hits the fan? Is it possible to have a spiritual life and not be a wing-nut? For Jen Weigel, the answer to all three questions is a resounding YES.

This is an honest, amusing teaching memoir rooted in Weigel's everyday experience as a mother, television personality, and performance artist. Weigel provides 13 common-sense rules for developing a sane and satisfying interior life--ranging from "trust that you are where you are supposed to be in every moment" to "always look for signs,"--to "don't get lost in a guru." What makes this book so fun and refreshing is Weigel's voice--and the fact that, in the words of one of her friends, she is a "magnet for really bizarre shit."

Whether she is playing chicken with deranged Chicago drivers with "Jesus Saves" bumper stickers, trying to keep those extra pounds off, interviewing celebrities on television, or encountering the spirit of her dead father (who keeps appearing in the guise of a cardinal--a bird, not a prelate), Weigel maintains a zest for learning, living, and loving. Her high-spirited stories illustrate core life principles and convey an immediacy and energy that readers will find delightful.

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