



Something More: Excavating Your Authentic Self

By Sarah Ban Breathnach

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From the author of the bestselling "Simple Abundance" comes a provocative and powerful life "bible" for women around the world. In this insightful and eloquent book, Sarah Ban Breathnach explores the nine stages necessary to living authentically: Sensing, Surviving, Settling, Stumbling, Selling Out, Starting Over, Searching, Striving, and finally, Something More.

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Editorial Review

Amazon.com Review

From the author of *Simple Abundance: A Daybook of Comfort and Joy* comes a guided excavation for women who suspect that there's something more to life than the top layer pursuits of money, sex, and love. In service to these restless souls who want to scratch beneath the surface, Ban Breathnach offers tidbit-sized essays that help women unearth pay dirt--their reason for being. Using archaeology as her frame of reference, Ban Breathnach suggests imaginative exercises at the end of each chapter, which she refers to as "Field Work." Although it occasionally feels overdone, the archaeology metaphor works well--helping readers unearth their past choices and circumstances to better understand the soul's current mission. Early in the book, Ban Breathnach offers this enticing invitation to go on a spiritual dig: "Besides the fact that your soul is one of the last unlooted sources of the miraculous, with discoveries as spectacular as any found in the Delta of Venus or Egypt's Valley of the Kings, you can embark on a soul trip and be back before anyone even notices you're missing. They might be curious about that gleam in your eye and that flush on your cheek, but I'll never tell if you won't. Are you game? We're heading to the sacred site of your soul." --*Gail Hudson*

From Publishers Weekly

"Passion is truth's soul mate," writes Ban Breathnach in this follow-up to her stupendously successful *Simple Abundance* (1995). The author who helped millions discover the overlooked richness of everyday life by practicing gratitude now appends that message by urging us to heed our yearning for "something more." Understanding that most women are better at sacrificing themselves than at discovering and honoring their own passions, Ban Breathnach urges them to see the spiritual wisdom of "reembodiment," excavating from under layers of fear and disappointment their own moments of connection with a deeper, more authentic self. Offering a collection of teaching stories drawn from her own honestly rendered experience, as well as stories and pithy quotes from her friends and a host of notables (Rumi, Virginia Woolf, Madonna et al.), Ban Breathnach nudges readers beyond "settling and stumbling and surviving." Although she aims to help readers explore the depths of their own hearts by using an "illustrated discovery journal" (a collage of images and text meant to express the tastes and strivings of readers' authentic selves), the real power of this work, despite some workaday writing and concepts, lies in the unpretentious sincerity and raw immediacy of Ban Breathnach's many variations on the assertion that "At the end of the day, or at the end of a life, all we have is ourselves and love. And if we love ourselves, truly, madly, deeply, all we have is all we need." Writing not as a guru but as a friend who has learned to cherish her past, Ban Breathnach will galvanize her wide readership to believe we were all put on earth for something more than indifferent marriages and discarded dreams. Serving up self-worth and "repose of the soul" as the most priceless of attainments, she is a friend indeed. 750,000 first printing; One Spirit Book Club main selection; first serial to *Good Housekeeping*; Time Warner audio; author tour.

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From Library Journal

Breathnach is known to millions of women from her best-selling "daybook" *Simple Abundance* (Warner, 1995). In this follow-up she acknowledges that many of us, despite having a great deal, want "something more." Instead of dismissing that yearning, she encourages us to "excavate the authentic self" to discover the roots of that yearning. By understanding the source, we can address and resolve the problem. One way to do this is to conduct a personal "archaeological" dig. An involved exercise that is interspersed with anecdotes and quotations from a variety of sources (Virginia Woolf and Jane Austen, among others). This abridged

recording is read by the author, who conveys authenticityAshe's done this for herselfAand sincerityA"If we love ourselves...all we have is all we need." A popular addition to public library collections.ANann Blaine Hilyard, Lake Villa Dist. Lib., IL
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Users Review

From reader reviews:

Jessica Nakagawa:

The book Something More: Excavating Your Authentic Self will bring you to the new experience of reading a new book. The author style to elucidate the idea is very unique. Should you try to find new book to see, this book very appropriate to you. The book Something More: Excavating Your Authentic Self is much recommended to you to read. You can also get the e-book in the official web site, so you can easier to read the book.

Debra Brunette:

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Eileen Moore:

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