



Spiritual Graffiti

Jeff Brown

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In this entrancing collection, author Jeff Brown shares more of his profound quotes and musings with us. Words written on walls- in his home, in back-alleys, on Facebook- come vibrantly to life in this poignant offering. Building on the popularity of his first two quotes books- *Love it Forward* and *Ascending with Both Feet on the Ground*- Brown takes it to the next level in this collection, cutting straight to the heart of the matter with wisdoms that both energize and uplift. This book is alive! In a style uniquely his own, Brown invites readers in the direction of their own transformation. They are invited, and they are supported as they endeavor to find meaning on their life's journey. *Spiritual Graffiti* is a lighthouse of possibility, one that both celebrates our perfectly imperfect humanness and reminds us that there is hope at every turn. As an added bonus, Jeff has included more of the inspirations he wrote for ABC'S 'Good Morning America', and his popular healing blog 'Apologies to the Battered Child'. This book is a beautiful gift for anyone who is seeking a deeper and more authentic life.

ENDORSEMENTS

"This book is a magnificent exhale for the soul. Many sincere seekers become bamboozled by spiritual teachers who suggest that we ignore our feelings, numb our bodies, and violate our intuition in the name of enlightenment. But Jeff Brown humbly offers an alternative, even rebellious, viewpoint. With exquisite sensitivity and compassion, he acknowledges that we can't wake up without grounding our self-realization into our feeling, sensing human bodies. I am a voracious student of spiritual teaching, but Jeff Brown is a spiritual teacher I truly trust, marrying incisive, almost surgical truth with supreme kindness in a way that enlivens your spirit and makes you feel your heart. He is like a scalpel with a spoonful of sugar." ~**LISSA RANKIN**, NY Times bestselling author of *Mind Over Medicine*.

"Jeff Brown's words are the much needed love-splattered slap to our wearied New Age-filled heads. In *Spiritual Graffiti* we get a glimpse into the way that light and positivity alone will never reveal to us the mystery of both our humanity and our Godhood. Through his decades of deep personal inquiry, Jeff reveals his painful and potent intimacy with his own darkness as a pathway to revelation. *Spiritual Graffiti* is a deep-dive into the soul of one man, and yet a mirror for all who find themselves on the journey towards "enREALment." I'm a forever fan." ~**KATIE SILCOX**, spiritual teacher and NY Times bestselling author of *Healthy, Happy, Sexy-Ayurveda Wisdom for Modern Women*.

"*Spiritual Graffiti* sizzles with courage. With a fearless pen, Jeff Brown inscribes his unique wisdom in practical, succinct, and heart-centered language that sagaciously calls out the negligence of today's New Age movement and walks us boldly to our highest callings." ~**SUSAN FRYBORT**, author of *Hope is a Traveler*.

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