



# The Soul of Sex: Cultivating Life as an Act of Love

*Thomas Moore*

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## **The Soul of Sex: Cultivating Life as an Act of Love** Thomas Moore

A highly original approach from best selling author Thomas Moore, restoring sex to its rightful place in the human psyche as an experience of the soul.

In *The Soul of Sex*, Thomas Moore at last restores sex to its rightful place in the human psyche. Describing sex as an experience of the soul, Thomas Moore here brings out the fully human side of sex – the roles of fantasy, desire, meaning, and morality – and draws on religion, mythology art, literature, and film to show how sex is one of the most profound mysteries of life.

While finding spirituality inherent in sex, Moore also explores how spiritual values can sometimes wound our sexuality.

Blending rather than opposing spirituality and sexuality, *The Soul of Sex* offers a fresh, livable way of becoming more deeply sexual and loving in all areas of life.

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