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***My Year of Living Spiritually:* New book this fall from *Broadview* journalist**

*Memoir explores spiritual practices & journey away fundamentalism*

An award-winning writer for *Broadview* magazine (formerly the *United Church Observer*) has a new memoir out this fall that explores her experimental year of sampling more than 20 spiritual practices and also documents her journey away from fundamentalism to becoming "spiritual-but-not-religious."

*My Year of Living Spiritually—From Woo-Woo to Wonderful: One Woman's Secular Quest for a More Soulful Life,* will be published in October by Douglas & McIntyre.Anne Bokma, a longtime *Broadview* feature writer, wrote the magazine's "Spiritual But Secular" column for four years, which led to a yearlong blog called "My Year of Living Spiritually," now turned into a book.

Bokma writes about her whirlwind year immersed in spiritual practices and how they changed her life for the better.She sang in choirs, learned to be more grateful, danced with witches, went on a pilgrimage to Henry David Thoreau's Walden Pond, tried magic mushrooms—and a whole lot more. She also details the struggles she encountered with her family when she left the strict Canadian Reformed Church, examines the impact of "religious trauma syndrome" and writes about finding a spiritual home—first in the United Church—and eventually among the Unitarians.

The book has received positive advance reviews. *Oprah* magazine columnist Martha Beck, author of *Leaving the Saints*, calls it "...an engaging, entertaining, well-researched romp through the many variations of non-religious spiritual practice." Rona Maynard, author of *My Mother's Daughter* and the former editor of *Chatelaine*, describes it as "a candid, fearless odyssey of the heart and soul" And playwright Tracey Erin Smith, founder of Toronto's SOULO Theatre, says: "If you liked *Eat, Pray, Love*, you'll go wild for *My Year of Living Spiritually*."

The book will be released on October 26. Until then, it's available by pre-order at Indigo, Amazon and local booksellers. Anne will be hosting a book launch at First Unitarian Church of Hamilton on Saturday, Oct. 26 from 7-9 p.m. It will feature music, refreshments, a book reading and a book signing. All are welcome.

For more information go to: <https://www.annebokma.com/>