

BOOK REVIEW



What Brings You to Life? Awakening Woman's Spiritual Essence

By Beverly E. Eanes, Lee J. Richmond & Jean W. Link

Paulist Press | November 2001 | \$14.95 Paperback

THE AUTHORS OF *What Brings You to Life?* minister to women by “facilitating personal exploration of [their] journey towards spiritual wholeness.” (xv) In a conversational manner, Eanes, Richmond and Link clearly, take on the task of articulating God’s mission through a person-centered ministry.¹ As they interviewed women, the co-authors gleaned numerous responses that illustrated life-giving ways by which women do theology. “What brings you to life” is a centering mantra at the beginning of each chapter. It finds expression in “beautiful sunrises, sunsets, water flowing over rocks, seasons’ ebb and flow, the quality of light and shadows, through trees and in people.” It’s about “engaging in good discussions, feeling closer to God in the woodlands than in church, having the confidence to follow my dreams and connecting with myself.”

To say that *What Brings You to Life?* is a self-help book would limit the breadth of its reach. Solid in its construct, the book offers areas of reflection that have religious value. By bringing to light the experience of women, the authors offer a practical method for women to reflect by incorporating with their experience, tradition, and the culture in which they live. There are a variety of person-

al applications, pearls of inspiration, on almost every page that go from the profound to the whimsical.

The authors as “ministers,” facilitate a process of decision-making for the women in the book who have come to share their stories. As *bridge builders*, the authors perform ministry that is both therapeutic and spiritual, pastoral and theological, for women who connect with situations similar to their own. “What brings you to life and what deadens” are the critical questions which set the process in motion.

Eanes, Link and Richmond have made real the call to ministry by which “each one of us must find the locus of service to humanity in our own vocation.”² By writing this book as a community of believers themselves, they have provided a relevant instrument for choosing life. Whether one uses the reflection questions, the stories, the highlights, or insights from the authors, there is more than enough to pray over, resonate with, laugh with, and simply ponder in this gem of a book. ✨

¹ Donald E. Messer

² Ibid

Review by Jean Louise Bachetti, Director of IHM Associates

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