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Customer Review

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★★★★★ **Wonderful work on Sport and Spirituality**, April 25, 2015

By **PrincetonWill**

This review is from: **Sport & the Spiritual Life: The Integration of Playing & Praying (Paperback)**

In his work *Sport & the Spiritual Life: The Integration of Playing & Praying* Anthony Maranise seeks to make clear the ties between the sporting and the religious world. The book is centered on the principle that sports, like all things, are gifts from God. With this at its core, the work seeks to show how one's spiritual life should not be seen as opposing the physical life, but deeply connected to it. For the author, improvement in both sport and one's spiritual life are not separate ventures, but interrelated aspects. Maranise sees the experience in sport as aiding in the improvement of the spiritual dimension of our lives, with the spiritual improving our sporting life as well. Early in the text, Maranise lays out the "Abstract Development Model for Athletes," combining the physical, intellectual, emotional, and spiritual. Combining these four aspects, Maranise strives to show the reader how they can grow in all these areas when they are placed together. Many see modern sport as individualistic, opportunistic, greedy, and selfish. Maranise works to show that these are not the true, and challenges us to think of sport as an area of humility, teamwork, sacrifice, friendship, and love.

The fact that this book is not entirely from an academic angle should not discredit its importance. The book's content and intent is to integrate the worlds of sport and spirit for the individual, and to help those who wish to guide others in this process. Maranise's book is based heavily on work he completed while teaching at a Catholic school on this very topic. His work as a teacher is apparent throughout the text, as Maranise conveys the desire to simply show what he has accomplished academically, but to help others improve their own spiritual life through the athletic. At the end of numerous chapters, Maranise provides helpful spiritual exercises one can partake to see how the spiritual is played out in the physical. These exercises can be done personally, or provided to a group/individual who are seeking to integrate the sporting and the sacred. I highly recommend this work to anyone who is interested in this topic, or the sports and religion conversation as a whole.

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Reviewer

 **PrincetonWill**
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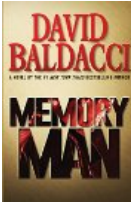
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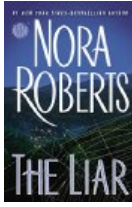
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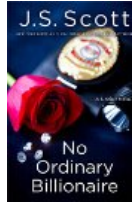
The Girl on the Train: A Novel
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Memory Man (Amos Decker series)
David Baldacci



The Liar
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No Ordinary Billionaire
J. S. Scott
★★★★★ (370)



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Anthony Doerr