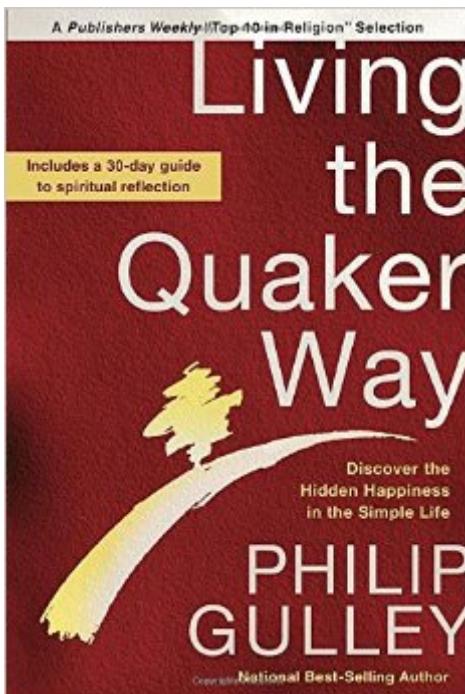


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# Living The Quaker Way: Discover The Hidden Happiness In The Simple Life



## Synopsis

A Publishers Weekly *Top 10 in Religion* selection. "This is nothing less than the gospel itself, a much-needed book." FR. RICHARD ROHR, OFM, Center for Action and Contemplation, Albuquerque, New Mexico Philip Gulley invites us into a bracing encounter with the rich truths of Quakerism, "a centuries-old spiritual tradition that provides not only a foundation of faith but also vision for making the world more just, loving, and peaceable by our presence." In *Living the Quaker Way*, Gulley shows how Quaker values provide real solutions to many of our most pressing contemporary challenges. We not only come to a deeper appreciation of simplicity, peace, integrity, community, and equality, we see how embracing these virtues will radically transform us and our world. *Living the Quaker Way* includes a 30-day spiritual practice that applies the Quaker tradition of Queries.

## Book Information

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## Customer Reviews

Philip Gulley is the author of 17 books, host of the PBS programs *Porch Talk with Philip Gulley* and *Across Indiana*, and a contributor to *The Saturday Evening Post*. More importantly, though, Gulley is a Quaker (the Religious Society of Friends, or Friends Church). His kindness-laced, easygoing style makes reading his work a restful, peaceful endeavor. Quite in opposition to the chronic, hurry-hurry of the day, settling down for a long read is simply medicine to the soul. *Living the Quaker Way* is full to overflowing with timeless wisdom and insights for bettering not only one's own heart, mind and soul, but also everyone else's too.

Gulley makes it his mission to keep a sharp lookout for the well-being of everyone who crosses his path. He and his wife make it their lifestyle to live simply, contentedly, peacefully, and with a consistently service-minded purposefulness. In this lovely resource, Gulley explains what a Quaker is (and what it isn't). He shares that unity is very important to the Quakers, and yet they allow themselves areas of disagreement, so it is difficult to pinpoint exactly what a Quaker is to outsiders. Quakers, writes Gulley, espouse simplicity, peace, integrity, community and equality. In many ways, they aspire to live by the evangelical's fruits of the Spirit, but while they may use the Bible for a source of their beliefs, they embrace other religious principles and religions as well. Christians would discover that Quakers live their lives as Jesus taught, but they don't require the sacrifice Jesus gave for their salvation. Readers will value Gulley's insertion of today's modern issues and problems into his timeless text on living simply.

The Society of Friends, or Quakers, is considered a religion that has been around about 400 years. Most people if asked to define Quakers would probably start with how they used to dress like the pilgrims and are rather conservative "religious" folk. Anyone who reads Gulley's book will learn contemporary Quakers don't fit that description. Though they may (or may not) be conservative in their dress or habits they cannot be put in a one-size-fits-all box. I have always thought the Quakers were an interesting group but did not know much about their beliefs. After reading this Quaker book some of my thoughts have been confirmed...they are active in political and social issues, live simply, there are meeting houses not churches with many styles of worship, they are generally pacifists. There are others I was not aware of...some meetings have pastors some do not, what they believe is not confined to the bible, there is no formal joining of the meeting, one can join or not and still be considered a Quaker...are a few of the things I learned. Gulley explores the Quaker Way; simplicity, peace, integrity, community, and equality. His views are interesting and thought-provoking for me. Some I agree with, some I disagree with, and some I am still thinking about. Right from the first chapter, What is a Quaker?, I found myself surprised by some of his statements and I kept asking myself is the Society of Friends a religion or a way of life, a philosophy? Apparently, it is a question they ask themselves with many different answers. For example, from the first chapter: "...For some Friends-indeed for most Friends-Quakerism is first a religion, an understanding and experience of God that leads to a certain way of life.

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