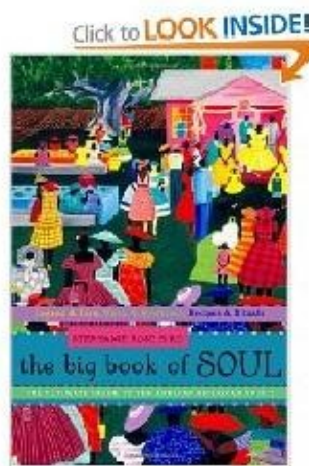


The Big Book of Soul - Book Review

By : SandraCarringtonSmith

A Spellbinding read that will undoubtedly open new doors of perception



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Being passionate of all things spiritual, I became really intrigued when I read the editorial reviews of The Big Book of Soul. Finally I had the opportunity to read a book dealing with the spiritual practice of Hoodoo which focused on healing rather than hexing.

I went to a local bookstore to pick up a copy already expecting to like the book, but nothing prepared me for the treat I was about to receive. The cover itself, with its abundance of color and festive energy was striking enough to get my attention the moment I laid eyes on it. I gingerly took the book home and began to read. Little did I know that I wouldn't be able to put it down for the next day and a half.

I'm not sure if it was the exquisite style of writing that drew me in most, or the amazing descriptions of a culture I wasn't so familiar with. I became so enthralled with the lives of the people described in the book that I could almost picture them in front of me, and their suffering and joys became my own.

I was thrilled to find such detailed explanations not only on the use of healing herbs and foods, but also on how each of them became such an important part of the African-American culture. I learned about soul food and how it came to be, and I felt I was given the opportunity to enrich my own life and perception through the many tidbits of ancient wisdom so skillfully delivered and beautifully threaded throughout the book.

The Big Book of Soul is definitely a title I would recommend hands down; not to those who view Hoodoo as a Band-Aid maybe, but certainly to everyone seriously wishing to learn more about true healing and spiritual practices.

Stephanie Rose Bird became the mouthpiece of her ancestors, and was able to convey many tidbits of their wisdom with ease; when she allowed them to merge with her own superb knowledge of herbs and healing foods, a magickal book was born. The Big Book of Soul is a spellbinding read that will undoubtedly open new doors of perception.

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