



Restless Souls: The Making of American Spirituality

Leigh Schmidt

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Yoga classes and Zen meditation, New-Age seminars and holistic workshops, *The Oprah Winfrey Show* and books by Deepak Chopra—all are part of the ongoing religious experimentation that has surprisingly deep roots in American history. By tracing our unique spiritual heritage along its many colorful highways and eccentric byways, *Restless Souls* profiles a rich spirituality that is distinctively American.

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