



# **The Big Book of Soul: The Ultimate Guide to the African American Spirit**

*Stephanie Rose Bird*

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*Soul* is the ultimate expression and experience of African-American culture. *The Big Book of Soul* is the first popular reference book to provide an in-depth examination of the source of soul in African culture and how soul finds its expression today.

Author Stephanie Rose Bird takes readers on a breathtaking journey of soul by examining the spirit of animism and how it evolved in contemporary African-American culture. She explores spiritual practices related to diet, dance, beauty, healing, and the arts, and provides readers with ancient healing rituals and practices they can use today.

Filled with fun facts, practical advice, and ancient spiritual wisdom, *The Big Book of Soul* is for any reader who wants a genuine, rooted experience of soul today.

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