



# Restless Souls: The Making of American Spirituality

By Leigh Eric Schmidt



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Yoga classes and Zen meditation, New-Age retreats and nature mysticism—all are part of an ongoing religious experimentation that has surprisingly deep roots in American history. Tracing out the country's Transcendentalist and cosmopolitan religious impulses over the last two centuries, *Restless Souls* explores America's abiding romance with spirituality as religion's better half. Now in its second edition, including a new preface, Leigh Eric Schmidt's fascinating book provides a rich account of how this open-road spirituality developed in American culture in the first place as well as a sweeping survey of the liberal religious movements that touted it and ensured its continued vitality.



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#### About the Author

**Leigh Eric Schmidt** is Edward C. Mallinckrodt University Professor at Washington University in St. Louis. He is the author of numerous books, including *Heaven's Bride: The Unprintable Life of Ida C. Craddock, American Mystic, Scholar, Sexologist, Martyr, and Madwoman*, *Hearing Things: Religion, Illusion, and the American Enlightenment*, and *Consumer Rites: The Buying and Selling of American Holidays*.

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