



Becoming: A Spiritual Guide for Navigating Adulthood

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This elegant volume offers itself as a spiritual companion for young adults and all who live amid transitions and tensions.

Dozens of carefully selected readings address themes that are prominent for people in their twenties and early thirties. The topics include:

- Passion and purpose
- Identity
- Community
- Losing and finding
- Justice and creation

Each section features reflections from Unitarian Universalist young adults, as well as poems, prayers, and opening and closing words from contemporary and ancient peoples. This treasury of uplifting and thought-provoking meditations can serve as a guide and provide comfort on our never-ending journey of becoming.

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