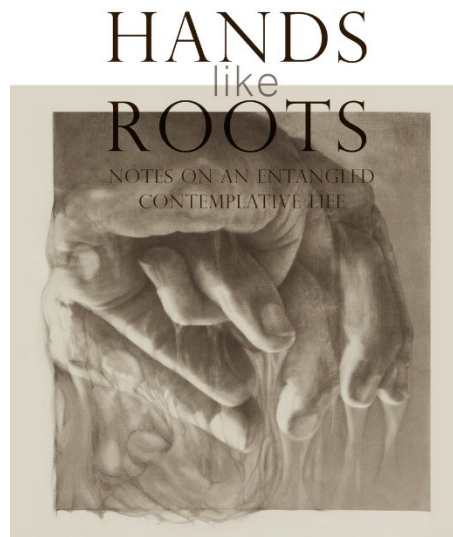
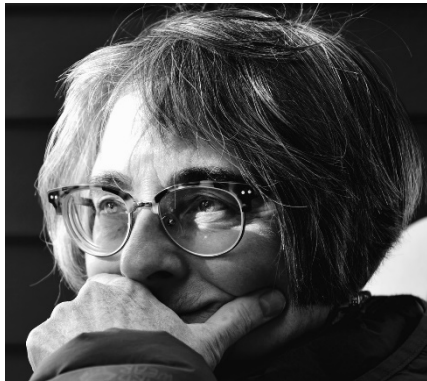
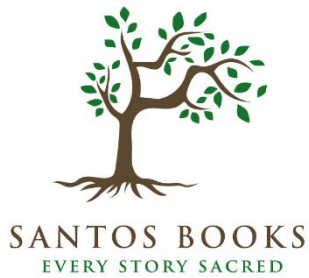


Hands Like Roots: Notes on an Entangled Contemplative Life



THERESE DESCAMP

Hands like Roots: Notes on an Embodied Contemplative Path tells a real love story about a human heart and the Heart of the Ineffable, lived one messy, brilliant day at a time. The accessible, poetic essays in *Hands Like Roots* draw their subject matter from wellsprings deep in science, spirituality, and a love of life. Author Therese DesCamp was long-listed for the 2023 CBC Nonfiction Prize, and has received awards for her scholarship, research and teaching from the Graduate Theological Union in Berkeley, California, and the United Theological College, Montreal, Quebec. DesCamp is a member of the 2020 cohort of the Living School, Center for Action and Contemplation; an ordained minister; a spiritual director; a newspaper columnist; a person in recovery; a gardener and a grandparent.

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“When an extraordinarily gifted and skilled writer offers essays on the contemplative dimensions of life, we would all do well to pay attention. This collection evokes St. Francis (of course), Annie Dillard, Richard Rohr, and Thomas Merton, but it also rings with Therese DesCamp’s unique voice and wisdom.” Brian D. McLaren, author of *Life After Doom* and *Faith After Doubt*.

“This is a splendid book—foundational and funny, poetic and practical...if you are among those who have chosen to keep loving this beautiful, aching world, you need this book.” Mardi Tindal, former Moderator, The United Church of Canada

“Hands Like Roots is an extraordinary work of hope in a moment that often feels completely bereft of hope. Honest, perceptive and beautifully written...” Douglas E. Christie, Ph. D., author of *The Blue Sapphire of the Mind: Notes for a Contemplative Ecology*

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