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**Nobody Can Tell You What to Believe...  
New Book Delivers on Promise  
To Help You Assemble Your Own Spiritual Recipe**

Monterey, CA, June 23—Pop quiz. Do you have to believe in God to succeed in Twelve-Step recovery?

In her new book, *Spiritual Meatloaf*, Patricia Major takes a down-to-earth look at this question and actually delivers on the promise of her subtitle, “Develop Your Personal Recipe for Spirituality in Twelve-Step Recovery.”

*Meatloaf* is remarkable for its straightforward, plain-English approach. Major seems to have declared a moratorium on jargon, hidden agendas, and pop spiritual touchy-feely happy talk.

“Although Twelve-Step recovery programs use the word ‘God’ a lot, the founders went out of their way to keep the door open to people of any and all beliefs,” Major said. “You can have your own concept, but there isn’t a lot written about the idea of ‘open spirituality.’ I hope this book helps open doors, spark ideas along those lines...and I hope it helps people feel more comfortable putting together their own recipe, even if they want to do so without God or religion.”

*Spiritual Meatloaf* is a how-to manual, with exercises and practical steps designed to help you get started quickly and easily sifting, sorting and clarifying your own personal spiritual recipe. And *Meatloaf* is no sales job. As Major says in the Introduction, “Whether your quest is brand new or ongoing, this book guides without force. It provides a road map for you to uncover your own personal path without insisting that you change what you think or believe.”

*Meatloaf* carries its “guide without force” tone through to the very end. It contains literally dozens of references to books and websites with a wealth of information on non-Twelve-Step recovery programs, Twelve-Step programs, and personal spiritual exploration.

“The title should have been ‘Nobody Can Tell Me What to Believe,’” says Judy Tatelbaum, MSW, Psychotherapist and Author, in her quote on the book’s cover. Tatelbaum also says, “This book gives us the permission we need (and rarely feel we have) to find our own spiritual path, our own beliefs.”

For information about ordering *Spiritual Meatloaf*, for a look inside the book, or for author interviews, contact EM Riley Publications, PO Box 193, Carmel Valley, CA 93924; [www.spiritualmeatloaf.com](http://www.spiritualmeatloaf.com); or call Patricia Major at (831) 659-9123.

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