

Prologue

People often ask me how I can write about fast food, fake boobs, reality TV, and annoying in-laws and still consider it a spiritual experience.

I guess it's because I think most of our problems are really people problems and that people problems are actually spiritual problems in disguise. And if I can help us laugh at the lunacy of our lives, I'm doing my part to help the universe become sane.

I call this book *Finding Grace* because I believe that's what we all secretly crave; a graceful, peaceful existence that transcends demanding bosses, corrupt politicians, and imperfect spouses.

Webster's Dictionary defines *grace* as "a divinely given talent or blessing." I do believe that we humans have been blessed. We're blessed by the beauty of the other souls who surround us each day. Unfortunately, most of those lovely, little souls are trapped inside hugely annoying personalities that bug the living heck out of us.

But if I could reach into the heart of humanity and impart one message, it's this: You don't have to control the chaos to find the peace within.

You don't have to be organized; you don't have to be skinny; you don't have to make gobs of cash; and you don't even have to have an enlightened spouse or family to be happy.

I fancy myself as a faux intellectual and a spiritual seeker. Although I read and enjoy many of those “find your inner bliss” books, I often suspect that the people who write them don’t have fifty-seven emails, three screaming kids, and six piles of dirty laundry competing for their attention while they meditate.

I’m also a person of great faith, both in God and the future of the human condition, but there’s nothing I enjoy more than poking fun at some of the hypocrisy found in organized religion.

And so that’s the crux of this book. It’s about the dullards and the divine. I want to show you how you can live in an irrational, infuriating, inconvenient world and still find the grace to enjoy it.

We humans have created a nuthouse of global proportions. Yet despite our Botox-injecting, email-addicted, money-grubbing, marriage-wrecking ways, in our hearts, we are truly amazing. We are both flawed and fabulous at the same time. And watching humanity in action is the best reality show in town.

I wish you peace, I wish you joy, and I wish you the grace to discover how wonderful you already are.