



# Tricksters in the Desert: My Spiritual Journey from Skeptic to Buddhist and Beyond

*Jacob Gotwals*

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**Tricksters in the Desert: My Spiritual Journey from Skeptic to Buddhist and Beyond** Jacob Gotwals

After focusing on his career for many years, Jacob Gotwals felt increasingly drawn toward spirituality. A mysterious longing led him on a twelve-year journey of spiritual awakening on which he explored a vast landscape of traditions and teachings--including Nonviolent Communication and Tibetan Buddhism.

*Tricksters in the Desert* is a concise memoir of this journey, revealing many of the challenges Jacob encountered and showing how he resolved them. The epilogue explores how we can participate in spiritual groups without getting enmeshed in them or attached to their belief systems.

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