

# Sacramento Book Review



Below is a clipping of your book review that appeared in the January 09 issue of the *Sacramento Book Review*. Thank you for sending us the book.

## **My Organic Soul**

By Jacqueline Rhinehart

Broadway Books, \$16.00, 224 pages

*My Organic Soul* is both a journal, a workbook, and a book of quotes. You might think that somewhat schizophrenic, but, for the most part, it works. Each page is a lined “blank” page, with a thought to write on—“Consider: What is life bringing out in you?” —and several quotes to give some perspective. The many people quoted range from Plato, Jesus and many popular musicians, with a heavy reliance on rappers. The music quotes are often lyrics, succinct and insightful. The variety included keeps the journal from falling into easy categorization, and with that, this journal should have a much wider audience.



Younger music fans will find new thoughts from old thinkers; older readers will find that popular musicians can find insights that are cross-generational. What other book of inspiration would have Henry David Thoreau, Damon Dash, and Audre Lorde all on the same page?