



Tipping Sacred Cows: The Uplifting Story of Spilt Milk and Finding Your Own Spiritual Path in a Hectic World

Betsy Chasse

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Tip over your *sacred cows of belief*, dump your personal prejudices and biases, and begin to rebuild a spiritual lifestyle that really works.

Wife, mother, and award-winning producer of the sleeper hit *What the Bleep Do We Know!*? Betsy Chasse thought she had it all figured out...until she realized she didn't. She didn't know anything about happiness, love, spirituality, or herself...nothing, nada, zilch.

In a book that's anything but quiet, Chasse takes readers on a playful romp through the muddy fields of life and spirituality. Witty, yet unflinching, Chasse exposes her own experience tipping sacred cows and dissects the fragile beliefs we all hold so dear. Because the truth is, we each have a choice to believe the stories we tell ourselves or create new ones.

A candid, no-nonsense confession, Chasse's story gives readers the freedom to break free from their old patterns and gleefully frolic through fields, cow tipping at will and in the process, create a new reality for themselves.



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