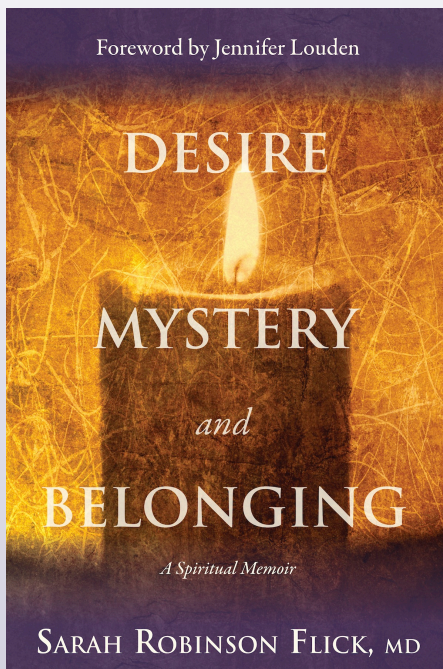


# Desire, Mystery, and Belonging

*A Spiritual Memoir*



## About the Book

Written by Houston-based psychiatrist and spiritual director Sarah Robinson Flick, MD, this beautiful new book explores how desire, mystery, and belonging interplay to help us create a meaningful life.

In each of our lives, as we pursue our deepest desires, we inevitably encounter mystery and hardship. It is belonging—to family, to friends, and to community—that supports us through our journeys. In a series of vignettes, Sarah examines how the interplay of these elements have affected her, and in doing so, asks us to reflect on our own experiences. Predominantly written before COVID-19, the addition of a postscript explores the deep necessity for belonging after two years of social separation due to lockdowns.

## About the Author

Sarah Robinson Flick has been a listener for over thirty years. In 2016, she left her longtime position as a psychiatrist medical director in a large public mental health center to focus on a “third act” that includes writing, offering spiritual direction to clergy and others, and traveling. Sarah has long believed in the calling of vocation and seeks to follow paths that support healing and wholeness. She is inspired by the season of autumn, great movies, visits to sacred places, the courage of those who work for social justice, and the presence of the Holy in everyday life.



Sarah especially loves reading books of all kinds and gelato, as well as spending time with her daughter Katie and husband Bob, an Episcopal priest, with whom she lives in Texas. *Desire, Mystery, and Belonging* is her first book. Learn more at: [SarahRobinsonFlick.com](http://SarahRobinsonFlick.com)

**Future Projects.** Sarah Robinson Flick will be offering talks, workshops, and retreats based on *Desire, Mystery, and Belonging*, as well as her work in spiritual direction and counseling. If you are interested in conducting your own book club or discussion group, a **companion workbook with reflection questions** is available to purchase and download at [Inspirebytes.com](http://Inspirebytes.com).

