



The Fourth Instinct: The Call of the Soul

By Arianna Huffington

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TV personality and bestselling author Arianna Huffington explores our forgotten instinct--the search for spirituality and meaning in life. She shows how seeking fulfillment in the the first three instincts--biological survival, sexuality, and power--leads to aggression, depression, and addiction--while the Fourth Instinct transforms life.

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Editorial Review

From Publishers Weekly

The individual's search for meaning is hardly a new topic, but Huffington (Maria Callas) adds fresh ideas to the discussion. Taking a high view of human nature, she maintains that the impulse toward spiritual fulfillment is another of our basic human instincts (the others are survival, sex and power) and identifies this often neglected "fourth" instinct as the tool given humanity for transforming the limiting effects of the other three. Choosing to respond to the call of the soul leads one beyond false goals of celebrity, consumption and physical perfection on to compassion, selflessness and service. Huffington envisions a genuine evolutionary breakthrough as more and more people, driven by society's widespread sense of "something missing," develop themselves under the direction of the fourth instinct. While the use of exclusively masculine language for both humanity and God detracts from her message, Huffington's book nonetheless challenges readers to evaluate their priorities and make meaningful changes in their lives.

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From Library Journal

Best-selling author of biographies of Maria Callas and Picasso, talk show host, and first woman president of the Cambridge Union debating society, Huffington has experienced relative poverty as a child in Greece and life as a New York socialite; she is now the wife of a U.S. congressman and the mother of two daughters. From her own wide reading, research, and hourlong daily meditation, Huffington supports her contention that there is, in addition to survival, power, and sexual instincts, a powerful spiritual instinct that drives human beings toward God, toward helping others, and toward the wisdom, strength, and inspiration that come from pain, loss, and art. This deeply spiritual and nonsectarian book reads with narrative ease and clarity. Highly recommended for public and seminary libraries.

--Carolyn Craft, *Longwood Coll., Farmville, Va.*

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From Kirkus Reviews

Controversial author and TV personality Huffington (*Picasso: Creator and Destroyer*, 1988) calls on society to acknowledge the drive towards transcendence and wholeness that alone can transform our lives. During a stop on her first book tour, Huffington tells us, she was sitting in her room in a European hotel, yellow roses on her desk, Swiss chocolate by her bed, the only sound that of ice crackling as it slowly melted into the water around the French champagne. Suddenly, she knew that worldly success was nothing and heard in her head Peggy Lee's question "Is this all there is?" Maybe not quite St. Augustine's voice in the garden, but this was Huffington's conversion, enlightenment, and satori, setting her out, she says, on the journey of 1,000 miles toward the publication, she hoped, of yet another bestseller. Her teaching here is that we are too concerned with three of our basic instincts--survival, procreation, and power--to the detriment of a fourth, which is more intuitive and spiritual. This fourth instinct is proper to human beings, she believes; it inspires all our striving and causes us to evolve as a species. Huffington claims that we are now at the dawn of a new age in which the fourth instinct is imperative for our future. None of this, of course, is very new, and although Huffington has good things to say, she says too many of them and fails to give them the depth they deserve. As she quotes from the Dalai Lama, C.S. Lewis, the New Testament, Joseph Campbell, St. John of Kronstadt (who she claims erroneously was Greek Orthodox), and many other sages, our author seems to be whisking us around some great cocktail party where we meet fascinating people without getting a chance to know them. Thus, she gives an impression of glibness in spite of her sincerity. Profound ideas, superficially treated. (Author tour) -- *Copyright ©1994, Kirkus Associates, LP. All rights reserved.*

Users Review

From reader reviews:

Angela Hampton:

This The Fourth Instinct: The Call of the Soul book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book is usually information inside this reserve incredible fresh, you will get facts which is getting deeper an individual read a lot of information you will get. This specific The Fourth Instinct: The Call of the Soul without we realize teach the one who examining it become critical in pondering and analyzing. Don't end up being worry The Fourth Instinct: The Call of the Soul can bring whenever you are and not make your tote space or bookshelves' turn out to be full because you can have it with your lovely laptop even cellphone. This The Fourth Instinct: The Call of the Soul having good arrangement in word in addition to layout, so you will not truly feel uninterested in reading.

Billy Anderson:

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