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Betsy Chasse, best known as the co-creator of What The Bleep Do We Know?!, takes us on another kind of spiritual journey in the pages of Tipping Sacred Cows.

This is a journey that encourages us to tip our own sacred cows by examining the deeply-held but fragile beliefs we hold about ourselves and the world in which we live.

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Tipping Sacred Cows has 69 ratings and 25 reviews. wade said: This is a self help book for the self centered. I can sum up the key points of the book in

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Betsy Chasse is an internationally known author, filmmaker, and speaker. She is the co-creator of the film What The Bleep Do We Know?! and the author of three books, including Tipping Sacred Cows, Metanoia: A Transformative Change of Heart, and the companion book to BLEEP, Discovering the Endless Possibilities for Altering Your Everyday Reality.

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As she told about each sacred cow she tipped in order to discover herself, each of my own cows was encouraged to stand still and upright, challenging me to tip it/or at least try to tip it. The process of 'tipping scared cows?' means challenging, really challenging , who you are and what you believe in.

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"...an engaging and provocative read" Publishers Weekly  
"Betsy's writing makes you feel like you're chatting over a glass of wine in your living room with your girlfriends.

**Tipping Sacred Cows: The Uplifting Story of Spilt Milk and ...**

Tipping Sacred Cows: The Uplifting Story of Spilt Milk and Finding Your Own Spiritual Path in a Hectic World [Betsy Chasse] on Amazon.com. \*FREE\* shipping on qualifying offers. Tip over your sacred cows of belief, dump your personal prejudices and biases, and begin to rebuild a spiritual lifestyle that really works. Wife

**Tipping Sacred Cows (eBook) by Betsy Chasse (Author)**

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.

**Tipping Sacred Cows ebook by Betsy Chasse - Rakuten Kobo**

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**Tipping Sacred Cows - Beyond Words Publishing**

Tipping Sacred Cows is not a book of answers, but a candid, no-nonsense guide to crafting your own answers as experienced by one of the most humorous and perceptive spiritual experts of our time. Published: January 21, 2014

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Earn up to 45 points when you purchase this title. 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

**Tipping Sacred Cows - Book Trailer**

She has written three books, including Tipping Sacred Cows and It Came Out Of My Vagina, Now What (A very funny parenting book). In 2014 she produced the award-winning Feature Documentary Song of