Anam Cara: A Book Of Celtic Wisdom

John O'Donohue

Anam Cara is a phrase that refers to the Celtic concept of the "soul friend" in religion and spirituality. The phrase is an anglicization of the Irish word anamchara, anam meaning "soul" and cara meaning "friend". The term was popularized by Irish author John O'Donohue in his 1997 book Anam Cara: A Book of Celtic Wisdom about Celtic spirituality. In the Celtic tradition "soul friends" are considered an essential and integral part of spiritual development. The Martyrology of Óengus recounts an incident