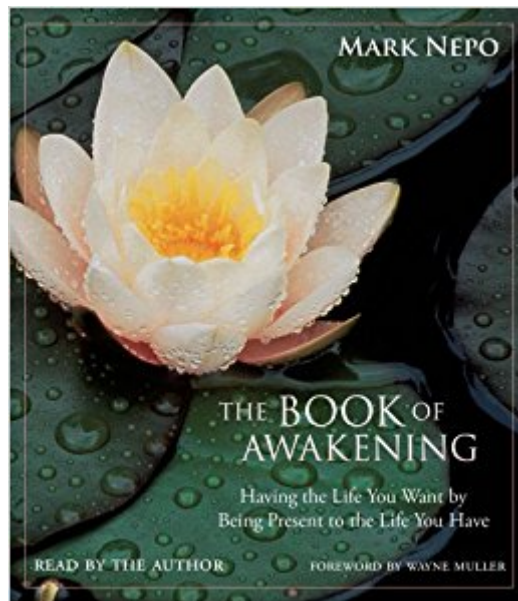


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The Book Of Awakening: Having The Life You Want By Being Present To The Life You Have



Synopsis

> >> ã Å The Book of Awakening by poet and teacher MARK NEPO provides small doses of what really matters, simple truths and stories from everyday lives, plus inspiration from the great wisdom traditions. Each day's entry is accompanied by simple, yet profound, practices designed to help us live the life we want by being present to the life we have. For, in the words of St. Francis of Assisi, ã Å ã Å "YOU ARE THAT WHICH YOU ARE SEEKING." ã Å ã Å ã Å "Each entry in this capacious and tender daybook widens both the eyes and the heart." ã Å

ã Å • Jane Hirschfield, author of *Nine Gates* and *After* ã Å A daily guide for authentic living in hard times, *The Book of Awakening* is a book to keep your head high, your heart open, and your feet on the ground. ã Å "It is true," ã Å Nepo writes, ã Å "If you can't see what you're looking for, see what's there. It is enough." ã Å ã Å ã Å "Mark Nepo has written a beautiful book about life, informed by the shadows of death. I've been blessed and humbled by reading his words." ã Å ã Å • Marianne Williamson ã Å

Book Information

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Customer Reviews

The time when we walk in the shadow of death is, ironically, a time when we feel illuminated by life's true meaning. Poet and philosopher Mark Nepo has firsthand experience with this mystery--he had cancer. During his arduous recovery, he sought inspiration and guidance that would reflect his growing appreciation of life. Although this daybook is exactly what Nepo longed for as he struggled with a difficult disease, it can be appreciated by all readers. This collection of essays, one for every day from January 1 through December 30, offers a poet's sensibility and sensuality and gives the

reader Nepo's well-harvested wisdom. "Water reflects everything it encounters," Nepo writes in a May 5 essay. "This is so commonplace that we think water is blue, when in fact it has no color.... But the water, the glorious water everywhere, has taught me that we are more than what we reflect or love. This is the work of compassion: to embrace everything clearly without imposing who we are and without losing who we are." After each entry, Nepo offers a short list of suggestions or questions to help carry the essay into the day. There are many inspirational daybooks out there. What sets this one apart is the mature poet's voice rising from a seasoned soul. --Gail Hudson
--This text refers to the Cards edition.

Winner of the 2014 Nautilus Award represents "Better Books for a Better World" the Silver Award in the category of Gift/Specialty. --This text refers to the Cards edition.

I have bought his books and loved them so I couldn't wait to get the cards. I was not disappointed. I am a Yoga teacher and they are great to use as a theme or an affirmation for my classes.

I originally purchased these books to give as Christmas Presents to two very close friends. My friends loved the book so much, they purchased it for me! This book offers short ,thoughtful, insightful and sometimes revelating daily readings that can change the fabric of your day. I recommend this book to anyone actively engaged in seeking to live every day increasing their capacity to see, hear, and listen more deeply and with greater compassion for one and all...

My yoga teacher reads us a quote from this during Shavasana.I'm not a fan of daily devotionals and self-help books. They often feel too much like homework. This little gem always seems to be right on time. While it doesn't solve my problems, it lets me know I'm not alone in how I feel.

This author speaks in riddles, but riddles that we can understand. His poetry or quote before each chapter, is a unique way of writing a book and I commend him for being so brave to write it this way. You can really feel his passion in every word and his brush with death has really changed his perception on life. The only reason it did not get five stars from me is because the book didn't have much about the awakening process, which is what I was expecting from the title. Also, it is just not possible to read through the book and do every meditation technique that the author suggests. Nevertheless, this is an elegantly written book that will have me attempting a new meditation

technique every day of the week.

This book is a fantastic day book to just pick up and read periodically or to read on a daily basis. There is a nice quote and a daily "to do" exercise if you'd like. This was originally recommended to me during a difficult time in my life and I have been reading it since on a daily basis. It helps with my practice of meditation and mindfulness. This is a great book to purchase for yourself or as a present to some one you love. Mark Nepo writes in a way that I can relate to and feel.

I find this book such a great way to approach each coming day. Some daily messages/meditations resonate with me more than others, but all have something to offer. Also I think even the ones that seem to have less to say to me at this time may very well have more to say to me next year when I'm going through it again. The impact is the meeting of what the passage is saying with where I am in my life at that moment.

This book was a gift to me and I love it so much, I sent it to two close friends. Mark Nepo is a poet, a very spiritual person and a very soothing purveyor of very important material. Having problems shaking some very bad and hurtful memories? Having problems with achieving and holding onto self-confidence? Having problems coping with the Spiritual and/or Emotional part of you? Trying to achieve peace somehow, somewhere? Wanting to lead a more fulfilling life? This book, I believe, holds your answers. Stick with it, and I believe, you will achieve a magical joy!

Glad I did not listen to the negative reviews, because this book is like a GPS to get in touch with your inner self. It's not preachy, no particular religious bend, just a wonderful soothing and understandable guide. If anybody objects to an occasional mention of his survival of cancer then they lack empathy - because thru his pain he reached such understanding of the human mind and what it is capable of. A wonderful read and I ordered another copy for a friend, who also loves it and reads it every morning to start her day like I do.

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