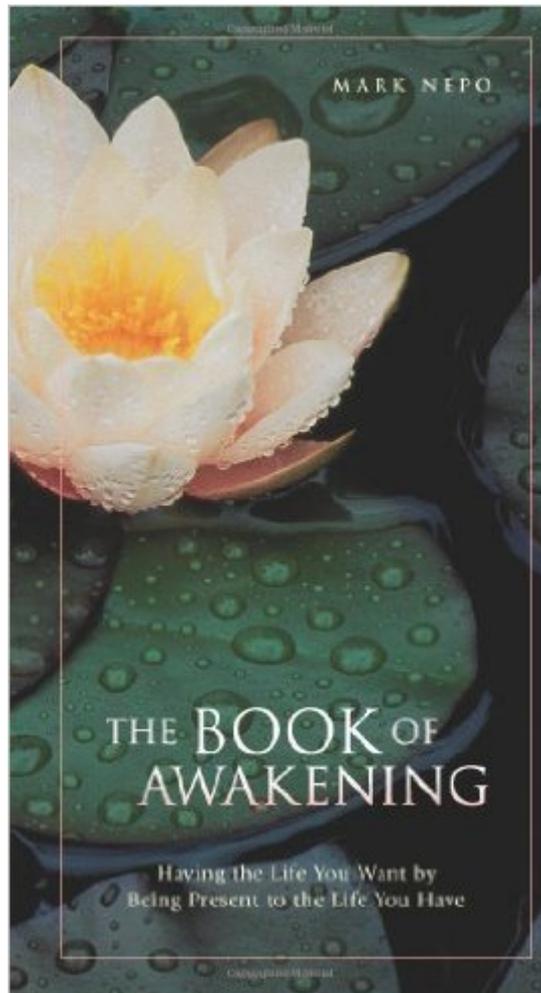


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# The Book Of Awakening: Having The Life You Want By Being Present To The Life You Have



## Synopsis

Philosopher-poet and cancer survivor, Mark Nepo opens a new season of freedom and joy--an escape from deadening, asleep-at-the wheel sameness--that is both profound and clarifying. His spiritual daybook is a summons to reclaim aliveness, liberate the self, take each day one at a time, and to savor the beauty offered by life's unfolding. Reading his poetic prose is like being given second sight, exposing the reader to life's multiple dimensions, each one drawn with awe and affection. The Book of Awakening is the result of his journey of the soul and will inspire others to embark on their own. Nepo speaks of spirit and friendship, urging readers to stay vital and in love with this life, no matter the hardships. Encompassing many traditions and voices, Nepo's words offer insight on pain, wonder, and love. Each entry is accompanied by an exercise that will surprise and delight the reader in its mind-waking ability.

## Book Information

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## Customer Reviews

There are very few books in this world which elicit the question 'Why have I such an array of books on this subject when this one would suffice?' The entry of Mark Nepo's Book of Awakening into my life not only presented this question but also initiated an immediate removal of the other six inspirational books waiting in a tumbled line by my bed, making space in my overcrowded life for the simplicity of one source of wisdom. The Book of Awakening, which is beautifully produced by Conari Press, is in the form of a daybook, having an entry of wisdom for every day of the year. This allows us to take a dip into this vast ocean of insight every day or to dive in at random when the spirit

moves us. Each page of wisdom is followed by a short and profound meditation on the topic at hand which helps put the reading into the context of one's own life, and is suggested in such a way that even the meditation-shy could be enticed to participate. In his introduction, Mark describes his book as 'a companion and a soul-friend'. I agree that this book can act as a soul friend, which is a different relationship than is possible with most wisdom books. And that is quite a gift to give to yourself or a friend. The key reason for the possibility of this almost human relationship with the book is, I believe, to be found in the divinely human writing style of the author. Mark is born a poet whose eyes perceive the divine patterning within the everyday experiences of life. He has crafted the art of painting that depth so that others may begin to see into and beyond the mundane. Each new entry seems to invite a deeper friendship of the soul as Mark lays himself bare in his truly personal stories of struggle and revelation. He interweaves his own perception with gems of collected treasures from many spiritual traditions, giving us access to his own spiritual advisers in their many forms.---

Carmella B'Hahn, Sufi Journal, London

I start every morning with an inspiration from this book. I take the time I need to reflect on the daily passage and have found it to be a way of learning about the real person I am. I have been searching for inner peace for so long, this book has helped me to meditate on the important things to make my life and my inner self more complete and at peace. I love this book and want to give everyone I know a copy.

This short series of motivational vignettes address the author's (a poet) experience of life. His love, loss, friendships, fight against cancer, moments of joy...it's all there in a lyrical thrust of wisdom and perspective on what's to be valued in this life. It's the kind of book you want to keep by your bedside, thumbing through it as you drift off to sleep and reading passages on those mornings where it's hard to find the motivation to leap out of bed and seize the day. It may sound too simple at first from afar, but once you experience the book you'll see how much it helps you to appreciate each day that you've been given on this earth. Emotional Intelligence 2.0 is the only other book I check in with daily. Leaning on their wisdom makes life that much sweeter.

I am a life coach for widows. I suggest to all my clients that they purchase this amazing book. It gently, lovingly and firmly reminds us each day of who we are and that in order to emerge, we need to accept that where we are is where we are supposed to be. Even if it is messy. I am so grateful for this book.

To be honest, this book caught my eye first because of its beautiful cover of the Lotus. I opened the book read a passage and felt deeply moved almost to tears. This is a beautifully orchestrated book. Its daily reflections, passages and quotes are soul food for our journey. This book is definitely a work of love. You can feel the intent put forth and given to the reader by the author. What a blessed contribution it is. The foreword by Wayne Mueller sums this stellar gem up perfectly. A definite addition to your collection, if not the only book you will ever need and keep close to your heart, spirit and soul. Dear Mark Nepo, You have written a book that has moved me so, there are no words to describe it. I thank you for sharing your beautiful offering. I am so happy to have come across it just in a time when I was so ready and open to its messages. Blessings, Christine/Toronto, Ont. Canada

Mark Nepo's day book is a wonderful way to remember the importance of enjoying the details that make life a mystery and a gift. The book includes inspirational quotes, beautiful poetry, points for meditations and heart-warming glimpses of life. Although each day's entry is meant to be savored, I gobbled them all up and now will go back to holding them close to my life one day at a time.

I bought it after Oprah recommended it. I read it for 4 months and finally had to let it go. I gave it 2 stars because about 40% of it was useful. The rest of it mostly just did not make any sense. The passage for the day would start out with one idea and by the end conclude with something else with no connection. I am now reading Tom Walsh's Living Life Fully's Daily Meditations Year One and it is much better in my opinion. Similar organization but much more practical and useful.

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