

Illuminated Rumi 2014 Wall Calendar

Every team needs a leader, but why do we so often take that to mean that the appropriate workplace team needs to consist of one gem of a worker complemented with a bunch of obedient order-takers and yes men? What if the complementary fits between the team members were not with how well they performed the tasks handed down to them but with how they all used their unique strengths to share knowledge, push the envelope, and lead together in the challenge before them? The team of authors behind *A Team of Leaders* wants to show readers how to design systems within their organization and management procedures that nurture the leadership potential of every employee, not just the ones they ear-marked as having potential for promotion. The proven principles and techniques within these invaluable pages include: • The Five-Stage Team Development Model that maps the transition from traditional to self-directed teams • Best practices in team process design • A Team Value Creation Tool that allows members to appreciate the significance of what they contribute each day • Visual Management • And more

The key to your company's success is creating successful teams of leaders combining their individual talents and strengths into a single, unstoppable driving force. The fresh approach taught in this indispensable guide will transform passive groups of disparate people into the effective teams of leaders you didn't know was possible to have.

In far northern California, one of the southernmost Cascade Range volcanoes rises above the valley floor, its glittering white flanks flashing like a signal beacon to residents and travelers. Mount Shasta, towering 14,162 feet, has drawn spiritual seekers, recreation enthusiasts, and leisure travelers since the late 1800s and serves as an anchor for residents who make their homes around it. *Mount Shasta Reflections* is a keepsake for visitors, an invitation to strangers, and a memoir for people who live near the mountain. It replaces the out-of-print *Mount Shasta: Where Heaven and Earth Meet*. Ms. English's photographs, supplemented by those of Larry Turner and John Jackson, showcase brilliant sunny days, cool mornings, dark storms, and a variety of wildflowers that grow on the flanks of the mountain and in the surrounding valleys. There are bold close-ups, sweeping vistas, and shots that suggest the intimacy that comes with studying the mountain through a lens. The stories of residents share the spirit of the community that surrounds this mountain and the common threads held by those who have chosen to live here. Some interviewees tell stories of how and why they came to live near the mountain, while others share stories of growing up in its environs. Mount Shasta has been compared to Japan's Mount Fujiyama and many consider it to be one of the great sacred mountains of the world. Through photos and words, those who hold this book in their hands will get a sense for how deeply this mountain is cherished.

This widely used book is packed with indispensable tools for treating the most common clinical problems encountered in outpatient mental health practice. Chapters provide basic information on depression and the six major anxiety disorders; step-by-step instructions for evidence-based assessment and intervention; illustrative case examples; and practical guidance for writing reports and dealing with third-party payers. In a convenient large-size format, the book features 74 reproducible client handouts, homework sheets, and therapist forms for assessment and record keeping. The CD-ROM enables clinicians to rapidly generate individualized treatment plans, print extra copies of the forms, and find information on frequently prescribed medications. New to This Edition • The latest research on each disorder and its treatment. • Innovative techniques that draw on cognitive, behavioral, and mindfulness- and acceptance-based approaches. • Two chapters offering expanded descriptions of basic behavioral and cognitive techniques. • More than half of the 74 reproducibles are entirely new.

With Katie Daisy's inspiring artwork sprinkled throughout, this journal is perfect for recording your gratitude lists, meditations, prayers, poems, diary entries, or even your daily to-do lists. Compact size (5" x 7") for your purse or backpack. Perfect bound layflat binding for ease and convenience. 192 lined and gridded pages. Colorful wildflowers, butterflies, bees, and nature motifs illustrated by Katie Daisy. From the creator of the New York Times best-selling book *How to Be a Wildflower: A Field Guide*. Printed on paper sourced from a combination of sustainably managed forests and recycled materials. Published by Amber Lotus, an independent carbon-negative US company that has planted more than three quarters of a million trees since 2008.

Violence permeated much of social life across the vast geographical space of the European, Asian, and Islamic worlds and through the broad sweep of what is often termed the Middle Millennium (roughly 500 to 1500). Focusing on four contexts in which violence occurred across this huge area, the contributors to this volume explore the formation of centralized polities through war and conquest; institution building and ideological expression by these same polities; control of extensive trade networks; and the emergence and dominance of religious ecumenes. Attention is also given to the idea of how theories of violence are relevant to the specific historical circumstances discussed in the volume's chapters. A final section on the depiction of violence, both visual and literary, demonstrates the ubiquity of societal efforts to confront meanings of violence during this *longue durée*.

In the 19th century, the world was Europeanized. In the 20th century, it was Americanized. Now, in the 21st century, the world is being Asianized. The "Asian Century" is even bigger than you think. Far greater than just China, the new Asian system taking shape is a multi-civilizational order spanning Saudi Arabia to Japan, Russia to Australia, Turkey to Indonesia—linking five billion people through trade, finance, infrastructure, and diplomatic networks that together represent 40 percent of global GDP. China has taken a lead in building the new Silk Roads across Asia, but it will not lead it alone. Rather, Asia is rapidly returning to the centuries-old patterns of commerce, conflict, and cultural exchange that thrived long before European colonialism and American dominance. Asians will determine their own future—and as they collectively assert their interests around the world, they will determine ours as well. There is no more important region of the world for us to better understand than Asia – and thus we cannot afford to keep getting Asia so wrong. Asia's complexity has led to common misdiagnoses: Western thinking on Asia conflates the entire region with China, predicts imminent World War III around every corner, and regularly forecasts debt-driven collapse for the region's major economies. But in reality, the region is experiencing a confident new wave of growth led by younger societies from India to the Philippines, nationalist leaders have put aside territorial disputes in favor of integration, and today's infrastructure investments are the platform for the next generation of digital innovation. If the nineteenth century featured the Europeanization of the world, and the twentieth century its Americanization, then the twenty-first century is the time of Asianization. From investment portfolios and trade wars to Hollywood movies and university admissions, no aspect of life is immune from Asianization. With America's tech sector dependent on Asian talent and politicians praising Asia's glittering cities and efficient governments, Asia is permanently in our nation's consciousness. We know this will be the Asian century. Now we finally have an accurate picture of what it will look like.

Terrorism, Crime, and Public Policy describes the problem of terrorism; compares it to other forms of aggression, particularly crime and war; and discusses policy options for dealing with the terrorism. It focuses on the causes of terrorism with the aim of understanding its roots and providing insights toward policies that will serve to prevent it. The book serves as a single-source reference on terrorism and as a platform for more in-depth study, with a set of discussion questions at the end of each chapter. Individual chapters focus on the nature of terrorism, theories of aggression and terrorism, the history of terrorism, the role of religion, non-religious extremism and terrorism, the role of technology, terrorism throughout the modern world, responses to terrorism, fear of terrorism, short-term approaches and long-term strategies for preventing terrorism, balancing security and rights to liberty and privacy, and pathways to a safer and saner 21st century.

There are two constants in academic and theological discourse throughout history, they are the debate around secularization and the dialogue concerning the intersection of religion and education. Each age has had its debate about modernizing forces that drive concerns of impending secularization. In this publication this theme is approached from perspectives of teachers, of students, of policy makers and situated in a politico-historical context. Aware of the fact that in today's plural societies one sacred canopy is non-existent anymore, cracks of

the sacred canopy/canopies are described, as well as 'the light that gets in', the possible and challenging ways out are roughly sketched. Immerse yourself in the enchanted fantasy world of Kinuko Y. Craft, celebrated contemporary illustrator, painter, and storyteller. Transcend time and space as you color to life these gorgeous illustrations of goddesses, angels, fairies, princesses, heroes, and mythological creatures. Craft's vast body of work includes award-winning illustrated books of classic fairy tales and cover art for fantasy novels.

Embark on your goddess path with this uplifting and beautiful planner as your companion. Each month of this colourful 6x9 weekly planner features moon and nature watercolour drawings. New Moon Intentions and Full Moon Release journal pages 12 month Planning Weekly To Do List and Universe To Do List Weekly Body, Mind and Spirit Check in Page Weekly Planning and Schedule Page Habit Tracker Weekly spreads with ample writing space Year End Review and New Year Wish List All interiors are printed in full colour

A compilation of a series of exceptional but related paintings that give expression to facets of the shamanic experience. 100 paintings are reproduced in full color.

The ancient Celts did not distinguish between the sacred and the secular. To these imaginative people, everything had spiritual significance. Simpson draws deeply from this rich Celtic tradition to compile a collection of blessings that celebrate God's truth in readers' day-to-day lives.

Revered for millennia in the Chinese spiritual tradition, Chuang Tzu stands alongside the Tao Te Ching as a founding classic of Taoism. The Inner Chapters are the only sustained section of this text widely believed to be the work of Chuang Tzu himself, dating to the fourth century B.C.E. Witty and engaging, spiced with the lyricism of poetry, Chuang Tzu's Taoist insights are timely and eternal, profoundly concerned with spiritual ecology. Indeed, the Tao of Chuang Tzu was a wholesale rejection of a human-centered approach. Zen traces its sources back to these Taoist roots—roots at least as deep as those provided by Buddhism. But this is an ancient text that yields a surprisingly modern effect. In bold and startling prose, David Hinton's translation captures the "zany texture and philosophical abandon" of the original. The Inner Chapters' fantastical passages — in which even birds and trees teach us what they know — offer up a wild menagerie of characters, freewheeling play with language, and surreal humor. And interwoven with Chuang Tzu's sharp instruction on the Tao are short-short stories that are often rough and ribald, rich with satire and paradox. On their deepest level, the Inner Chapters are a meditation on the mysteries of knowledge itself. "Chuang Tzu's propositions," the translator's introduction reminds us, "seem to be in constant transformation, for he deploys words and concepts only to free us of words and concepts." Hinton's vital new translation makes this ancient text from the golden age of Chinese philosophy come alive for contemporary readers.

This open access book offers an overview of the beautiful, powerful, and dynamic array of opportunities to promote health through the arts from theoretical, methodological, pedagogical, and critical perspectives. This is the first-known text to connect the disparate inter-disciplinary literatures into a coherent volume for health promotion practitioners, researchers, and teachers. It provides a one-stop depository for using the arts as tools for health promotion in many settings and as bridges across communities, cultures, and sectors. The diverse applications of the arts in health promotion transcend the multiple contexts within which health is created, i.e., individual, community, and societal levels, and has a number of potential health, aesthetic, and social outcomes. Topics covered within the chapters include: Exploring the Potential of the Arts to Promote Health and Social Justice Drawing as a Salutogenic Therapy Aid for Grieving Adolescents in Botswana Community Theater for Health Promotion in Japan From Arts to Action: Project SHINE as a Case Study of Engaging Youth in Efforts to Develop Sustainable Water, Sanitation, and Hygiene Strategies in Rural Tanzania and India Movimiento Ventana: An Alternative Proposal to Mental Health in Nicaragua Using Art to Bridge Research and Policy: An Initiative of the United States National Academy of Medicine Arts and Health Promotion is an innovative and engaging resource for a broad audience including practitioners, researchers, university instructors, and artists. It is an important text for undergraduate- and graduate-level courses, particularly in program planning, research methods (especially qualitative methodology), community health, and applied art classes. The book also is useful for professional development among current health promotion practitioners, community nurses, community psychologists, public health professionals, and social workers.

The definitive translation by Dick Davis of the great national epic of Iran—now newly revised and expanded to be the most complete English-language edition A Penguin Classic Dick Davis—"our pre-eminent translator from the Persian" (The Washington Post)—has revised and expanded his acclaimed translation of Ferdowsi's masterpiece, adding more than 100 pages of newly translated text. Davis's elegant combination of prose and verse allows the poetry of the Shahnameh to sing its own tales directly, interspersed sparingly with clearly marked explanations to ease along modern readers. Originally composed for the Samanid princes of Khorasan in the tenth century, the Shahnameh is among the greatest works of world literature. This prodigious narrative tells the story of pre-Islamic Persia, from the mythical creation of the world and the dawn of Persian civilization through the seventh-century Arab conquest. The stories of the Shahnameh are deeply embedded in Persian culture and beyond, as attested by their appearance in such works as The Kite Runner and the love poems of Rumi and Hafez. For more than sixty-five years, Penguin has been the leading publisher of classic literature in the English-speaking world. With more than 1,500 titles, Penguin Classics represents a global bookshelf of the best works throughout history and across genres and disciplines. Readers trust the series to provide authoritative texts enhanced by introductions and notes by distinguished scholars and contemporary authors, as well as up-to-date translations by award-winning translators.

This book offers a paradigm shift and fresh interpretation of Rumi's message. After being disentangled from the anachronistic connection with the Mevlevi order of Islamic Sufism, Rumi is instead placed in the world of philosophy.

The bestselling poet in America today, thirteenth-century Sufi mystic Jalalu'ddin Rumi has inspired and enlightened thousands with his playful, passionate work celebrating the sacred in everyday life. Now the spiritual wealth of Rumi's stories and poetry in translation are accompanied by rare and wonderful art in the Sufi tradition. This fresh rendering brings new life to these incomparable parables, which have transcended time, place, culture, and religion to speak directly to the hearts and souls of contemporary readers. With a foreword by Huston Smith, these selections of the inimitable mystic's prose and poetry have been taken from all of the master's works. Each parable, such as The King and the Handmaiden, The Grocer and the Parrot, The Ugly Old Woman, and The Man Who Was Always Being Swindled, is related as Rumi might have presented it to his fascinated audiences, as he whirled in meditation and trance. But each story also has a spiritual message, a holy essence that applies across all faiths, uttered from the heart of Islam. Each of these messages is provided here in a modern rendering that keeps the flavor of

this unique period of history, of culture, and of inspired, passionate beauty.

Explore the ancient and enduring spirit of the Jewish tradition with this exquisite coloring book for adults. Jewish artist Adam Rhine has created intricate Judaic motifs such as Magen Davids, menorahs, and Hebrew calligraphy for you to bring to vivid life with the colors of your choice. Each illustration is paired with verses from the Torah, Psalms, and the Prophets that enlighten the reader and encourage further study into the meanings of the carefully selected themes.

An illuminated manuscript setting forth the fictional fifteenth-century diary of one Magnalucius, who records his first-hand observations of unicorns along with the facts he has learned about their natural history.

"Founded in 1989, the influential Delhi-based artists' organization Sahmat has offered a platform for artists, writers, poets, musicians, and actors to create and present works that promote artistic freedom and secular, egalitarian values. A companion to an exhibit of the same name at the Smart Museum of Art, The Sahmat Collective explores the contemporary art scene in Delhi while meditating on the power of art as a tool for social change. The Sahmat Collective documents the history of the organization through a series of case studies, each presenting new scholarship, vivid images, reprints of original articles and essays, as well as interviews with artists and organizers of each project. Situating the collective within not only the political sphere in India, but also the contemporary art trends from around the world, this beautifully illustrated volume offers both critical essays on the art produced by Sahmat and texts on the political, social, and artistic climate in India by Smart Museum staff members, philosophers, musicians, members of Sahmat, art historians, anthropologists, and artists. "--

From Madonna to Deepak Chopra, celebrities have been recording and embracing Rumi's poetry for the past two decades, creating a resurgence of interest in this 14th century Sufi mystic. Rumi's Little Book of Life is a beautiful collection of 196 poems by Rumi, previously unavailable in English. Translated by native Persian speakers, Maryam Mafi and Azima Melita Kolin, this collection will appeal to Rumi lovers everywhere. This collection of mystical poetry focuses on one of life's core issues: coming to grips with the inner life. During the course of life, each of us is engaged on an inner journey. Rumi's Little Book of Life is a guidebook for that journey. The poetry is a companion for those who consciously enter the inner world to explore the gardens within--out of the everyday "world of dust"--through an ascending hierarchy that restores one's soul to the heart; the heart of the spirit; and in finding spirit, transcending all.

The Soul of Rumi is renowned poet Coleman Barks' first major assemblage of newly translated Rumi poems since his bestselling The Essential Rumi. Coleman Barks presents entirely new translations of Rumi's poems, published for the first time in The Soul of Rumi. The poems range over the breadth of Rumi's themes: silence, emptiness, play, God, peace, grief, sexuality, music, to name just a few. But the focus is on the ecstatic experience of human and divine love and their inseparability, conveyed with Rumi's signature passion, daring, and insights into the human heart and the heart's longings.

The Illuminated RumiHarmony

The extensive body of work by 13th-century mystic poet Jelaluddin Rumi continues to fascinate readers with a taste for the spiritual, and his writings, which speak passionately of truth, enlightenment, and love for God, appeal to those of all religions. Translations of Rumi's writings by the contemporary poet Coleman Barks have sold more than 500,000 copies since 1981. Now acclaimed illustrator Michael Green -- who collaborated with Barks on The Illuminated Rumi -- has produced a new and fabulous mystic fusion of sacred poetry and art. This all-new volume features rare poems of Rumi, some of which have never before been translated. There are many collections of Rumi's poetry, but few are illustrated--and none as gorgeously as this full-color book. It is well positioned to capture the favor of spiritual seekers of all ages, including today's spiritually adventurous young adults.

The acclaimed first volume in feminist icon bell hooks' "Love Song to the Nation," All About Love is a revelation about what causes a polarized society and how to heal the divisions that cause suffering. Here is the truth about love, and inspiration to help us instill caring, compassion, and strength in our homes, schools, and workplaces. "The word 'love' is most often defined as a noun, yet we would all love better if we used it as a verb," writes bell hooks as she comes out fighting and on fire in All About Love. Here, at her most provocative and intensely personal, renowned scholar, cultural critic and feminist bell hooks offers a proactive new ethic for a society bereft with lovelessness--not the lack of romance, but the lack of care, compassion, and unity. People are divided, she declares, by society's failure to provide a model for learning to love. As bell hooks uses her incisive mind to explore the question "What is love?" her answers strike at both the mind and heart. Razing the cultural paradigm that the ideal love is infused with sex and desire, she provides a new path to love that is sacred, redemptive, and healing for individuals and for a nation. The Utne Reader declared bell hooks one of the "100 Visionaries Who Can Change Your Life." All About Love is a powerful, timely affirmation of just how profoundly her revelations can change hearts and minds for the better.

Drawing on vivid oral histories, Joseph M. Marshall's intimate biography introduces a never-before-seen portrait of Crazy Horse and his Lakota community. Most of the world remembers Crazy Horse as a peerless warrior who brought the U.S. Army to its knees at the Battle of Little Bighorn. But to his fellow Lakota Indians, he was a dutiful son and humble fighting man who—with valor, spirit, respect, and unparalleled leadership—fought for his people's land, livelihood, and honor. In this fascinating biography, Joseph M. Marshall, himself a Lakota Indian, creates a vibrant portrait of the man, his times, and his legacy. Thanks to firsthand research and his culture's rich oral tradition (rarely shared outside the Native American community), Marshall reveals many aspects of Crazy Horse's life, including details of the powerful vision that convinced him of his duty to help preserve the Lakota homeland—a vision that changed the course of Crazy Horse's life and spurred him confidently into battle time and time again. The Journey of Crazy Horse is the true story of how one man's fight for his people's survival roused his true genius as a strategist, commander, and trusted leader. And it is an unforgettable portrayal of a revered human being and a profound celebration of a culture, a community, and an enduring way of life. "Those wishing to understand Crazy Horse as the Lakota know him won't find a better account than Marshall's." -San Francisco Chronicle

Spark childlike wonder as you color your way through a journey of wildflowers, butterflies, birds, hot-air balloons, and other visual delights from beloved illustrator Katie Daisy. With each illustration she revels in the joy of everyday life and her love of nature invites you along to color, be present, have an open heart, and see the magic in the world. Quotes in

Daisy's signature lettering style are sprinkled throughout, ready for you to apply your own color palette so they can spring to life.

The book is divided into four chapters, and each chapter serves a different purpose. Deals with a different pain. Heals a different heartache. Milk and Honey takes readers through a journey of the most bitter moments in life and finds sweetness in them because there is sweetness everywhere if you are just willing to look.

Divided into five chapters and illustrated by Kaur, the sun and her flowers is a journey of wilting, falling, rooting, rising, and blooming. A celebration of love in all its forms. this is the recipe of life said my mother as she held me in her arms as i wept think of those flowers you plant in the garden each year they will teach you that people too must wilt fall root rise in order to bloom

In Geninne's Art: Birds in Watercolor, Collage, and Ink, popular Santa Fe artist Geninne Zlatkis presents a personal field guide to how she creates her charming paintings and collages of birds and nature. Brimming with inspiring examples of the artist's work, this beautiful book takes you inside Geninne's studio for an in-depth look at how she creates. You will discover, step by step, how this devoted artist spends time photographing nature, selecting her materials, and developing her personal imagery. Explore: How her studio is set up, how she works, and what materials and tools she uses How she captures nature with both a camera and phone for reference Her artistic process through the step-by-step creation of 5 watercolor paintings, 5 collages, and 5 ink drawings, with notes on each medium and technique As a special bonus, the book includes 32 pages of collage papers, painted and selected by Geninne, for you to use as you explore and develop your own artistic voice. Vibrant, detailed, and richly imaginative, Geninne's interpretation of the birds she has observed so closely will inspire you to use the natural world as fodder for your paintings, drawings, and collages.

In Capital, Commonwealth Prize-winning author Rana Dasgupta examines one of the great trends of our time: the expansion of the global elite. Capital is an intimate portrait of the city of Delhi which bears witness to the extraordinary transmogrification of India's capital. But it also offers a glimpse of what capitalism will become in the coming, post-Western world. The story of Delhi is a parable for where we are all headed. The boom following the opening up of India's economy plunged Delhi into a tumult of destruction and creation: slums and markets were ripped down, and shopping malls and apartment blocks erupted from the ruins. Many fortunes were made, and in the glassy stores nestled among the new highways, customers paid for global luxury with bags of cash. But the transformation was stern, abrupt and fantastically unequal, and it gave rise to strange and bewildering feelings. The city brimmed with ambition and rage. Violent crimes stole the headlines. In the style of V. S. Naipaul's now classic personal journeys, Dasgupta shows us this city through the eyes of its people. With the lyricism and empathy of a novelist, Dasgupta takes us through a series of encounters – with billionaires and bureaucrats, drug dealers and metal traders, slum dwellers and psychoanalysts – which plunge us into Delhi's intoxicating, and sometimes terrifying, story of capitalist transformation. Together these people comprise a generation on the cusp, like that of Gilded Age New York: who they are, and what they want, says a tremendous amount about what the world will look like in the rest of the twenty-first century. Interweaving over a century of history with his personal journey, Dasgupta presents us with the first literary portrait of one of the twenty-first century's fastest-growing megalopolises – a dark and uncanny portrait that gives us insights, too, as to the nature of our own – everyone's – shared, global future.

Therapists and other helping professionals, such as teachers, doctors and nurses, social workers, and clergy, work in highly demanding fields and can suffer from burnout, compassion fatigue, and secondary stress. This happens when they give more attention to their clients' well being than their own. Both students and practitioners in these fields will find this book an essential guide to striking an optimal balance between self-care and other-care. The authors describe the joys and hazards of the work, the long road from novice to senior practitioner, the essence of burnout, ways to maintain the professional and personal self, methods experts use to maintain vitality, and a self-care action plan. Vivid real-life examples and self-reflection questions will engage and motivate readers to think about their own work and ways to enhance their own resilience. Eloquently written and supported by extensive research, helping professionals will find this a valuable resource both when a novice and when an experienced practitioner.

"My heart wandered through the world constantly seeking after my cure, but the sweet and delicious water of life had to break through the granite of my heart." When the words of Rumi enter your heart, something softens, breaks, and is subtly reborn. That he wrote the words seven hundred years ago in a medieval Persian world that bears little resemblance to ours makes their uncanny resonance to us today just that much more remarkable. Here is a treasury of daily wisdom from this most beloved of all the Sufi masters—both his prose and his ecstatic poetry—that you can use to start every day for a year, or that you can dip into for inspiration any time you need to break through the granite of your heart.

Fleeing home from his military service in Afghanistan when his wife dies in an apparent freak household accident, Dr. Mike Scanlon struggles with the tragedy, his inability to bond with his new baby daughter and a downsizing in his medical practice only to discover a shocking secret that changes his understanding of everything. By the Edgar Award-winning author of Come Home. 300,000 first printing.

Gathers and illustrates poems by the popular thirteenth century Sufi philosopher and saint

Daniel Ladinsky's stunning interpretations of 365 soul-nurturing poems—one for each day of the year—by treasured Persian lyric poet Hafiz The poems of Hafiz are masterpieces of sacred poetry that nurture the heart, soul, and mind. With learned insight and a delicate hand, Daniel Ladinsky explores the many emotions addressed in these verses. His renderings, presented here in 365 poignant poems—including a section based on the interpretations of Hafiz by Ralph Waldo Emerson—capture the compelling wisdom of one of the most revered Sufi poets. Intimate and often spiritual, these poems are beautifully sensuous, playful, wacky, and profound, and provide guidance for everyday life, as well as deep wisdom to savor through a lifetime.

A new edition of the #1 NYT's bestseller by Mark Nepo, who has been called "one of the finest spiritual guides of our time" and "a consummate storyteller." 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 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 Nepo's journey of the soul and will inspire others to embark on their own. He 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.

[Copyright: 541a40cc43de06b54efd9af8eaf8f09f](#)