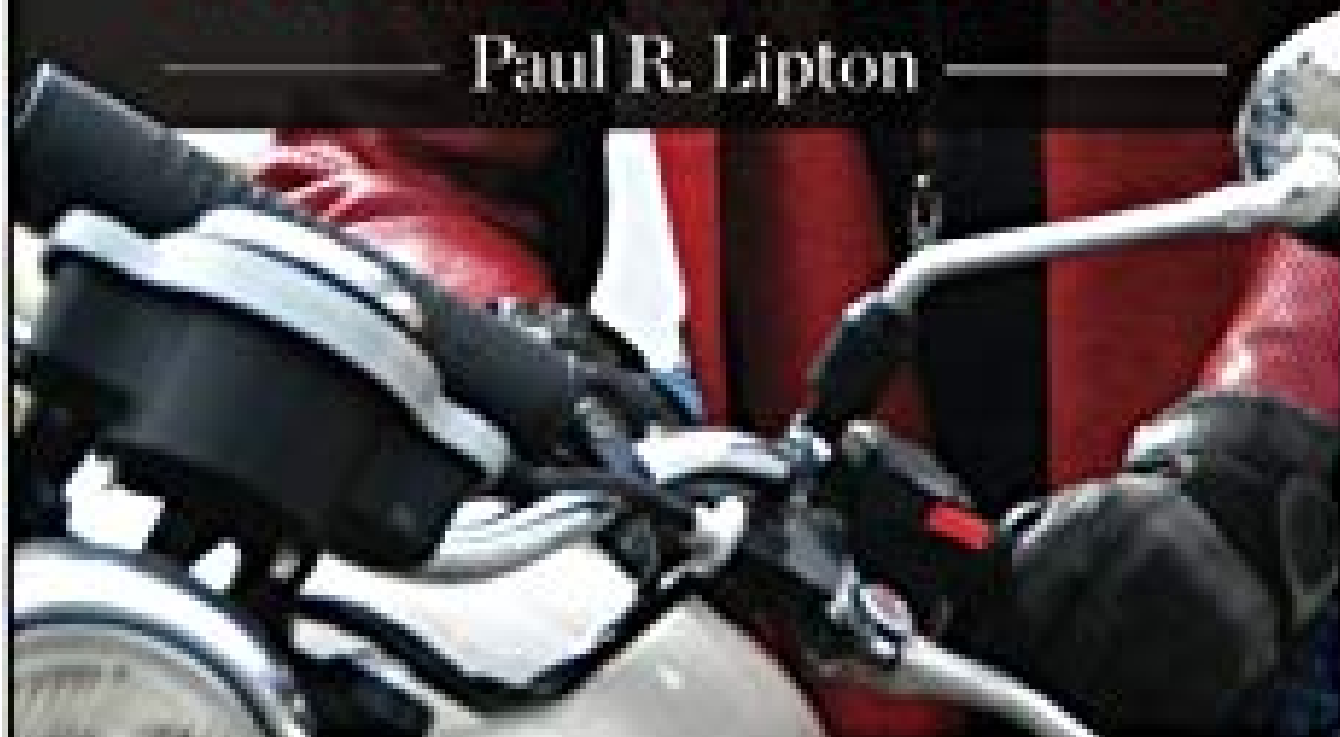


HOUR OF THE WOLF

AN EXPERIMENT IN AGELESS LIVING

— Paul R. Lipton —



Paul R. Lipton

Hour of the Wolf: An Experiment in Ageless Living



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No time is ever wasted which can be lived consciously and to the full. His trip took him first to the Himalayas. For Paul Lipton, an effective attorney in his sixties, his brain's howling in the darkness reminded him that point was slipping aside. The hour of the wolf." His solution to these sleepless nights became an experience, and an experiment in ageless living.m. Probably partly because both his parents had died if they were young, and because he had already experienced his personal serious health crisis, he wished to be sure to live every day to the fullest. He determined he would start viewing each day afresh and in the today as a do-over, every night dying and every morning being reborn. His transformed perspective had provided him a fresh lease on life. You wake up filled with regrets, and haunted by dashed dreams, wanting to know what went incorrect. To silence the howls of the wolf, Lipton took off in the footsteps of his fictional hero, Larry Darrell in W. Somerset Maugham's novel The Razor's Edge. 2 a. He then continued his exterior and inner travels that included crossing the ice areas of Mont Blanc, a shamanic retreat at the Esalen Institute in Big Sur, California, and motorbike adventures across Florida's Alligator Alley, the Rocky Mountains, and the trunk roads of North Carolina. Along the way, he discovered he had not been a prisoner of the past. His philosophy was to state, "I am me today," and ask, "How do I select to live in the now?"



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Seizing the day Hour of the Wolf by Paul Lipton follows the author's personal quest searching for the secret to this is and reason for life. Would make an excellent gift for those who 'have everything', young adults, folks of a 'certain age group' (seniors! The 1st time I read this book, I was longing for some light bulb instant of enlightenment and was puzzled an obviously smart adult would select a fictional mentor to follow and then head to all the stereotypical locations like Buddhist temples in other countries and to remote mountains to find meaning and purpose. "Wolf" is a very believed provoking read and inspiring. Lifestyle lives itself:..However, once in a while some aspect of the book would enter into my brain and get me thinking about his search." claims "If these three things; I understand that the writer had some personal encounters relating to the importance of one day over another which experienced a long lasting impact on him. Concise and thought-provoking. Engaging and deeply personal, Paul shares his very own story as his gift to us. While I concur that they are essential, Lipton may have missed the point they are also long term investments requiring commitment and personal insight which extend beyond basically making the most of each day. The publication lives and breathes, softly guiding readers to make the most of each moment, to really find presence inside our life and human relationships because even though the admonishment "cease the day" is normally a cliché, it is also a truth. Find the joy in as soon as. spend your time wisely." but he often appears to struggle with the simplicity of this and keeps digging apart to find better meaning. He does talk to an important query though, about how exactly to live in the real world once you come back from the quietness of a retreat and the luxury of quiet thought."Although we might think someone will come to save us, in the end, we know it really is our choice and our action alone that will decide our destiny." Relevant, Inspiring, Self-Help! Hay or similar writers can help you find your authentic personal. William Martin, Taoist article writer and scholar in his publication "thirty days of Tao: Understanding how to Live at Convenience in an Uneasy world. So, I re-read the reserve and required it slower and attempted to get some personal meaning from it. AN INSPIRATIONAL JOURNEY. At this point I was prepared to give the book three stars..". A great many other well known writers and philosophers have complete their results in the seek out meaning. It's the existences of these books and experiences that got me scratching my mind at the strength of Paul Lipton's search - almost as though he anticipated a different outcome. Paul Lipton has maybe come from a far more personal position but reached most of the same conclusions. I've given the book 4 stars since it has produced me think, research and question the way I value each day.! I've had many "Hours of the Wolf" and believe to have many more in my life time.! It was a search for something that I had thought long known and after many journeys, personal insights and retreats Paul Lipton, like many searchers before him, found an identical answer - "Seize the Day".) and anyone seeking the meaning of life and how exactly to live it 'agelessly'. Paul Lipton gets right down to the nitty gritty of what's important and what is not. I laughed, cried, and was awestruck while reading it. He challenges us all to innovative, purposeful living and shares with us five incredible aspects of our personal narrative that we cannot help but to consider profoundly.! A GUIDE FOR AN INTENTIONAL JOURNEY Too often we define our significance in existence as a "human-doing". We skip the pleasure found in learning to be a "human-being". "Becoming" a individual can be an intentional journey that is rooted in the spiritual, transcendent in nature, nourishes the soul and ultimately reflects a lifestyle well lived.Regrettably, many people confuse "getting" with "obtaining" as their definition of success in existence. This path is usually rooted in the globe and ultimately network marketing leads to disillusionment. And his idea of "Ageless Living" has personally been lifestyle changing for me personally, making me recognize that age is a number and your age shouldn't hold you back from new lease of life experiences! How do i make a courageous decision? Mindful, stimulating read. Mr. Lipton provides reader the chance to step back again from the busy-ness we contact life and reclaim our trip. This is not a one time examine, although quick and understandable the lessons are as well valuable never to be revisited again and again. If you absence Paul Lipton's money or simply his

tenacity for the personal quest, universal truths on living a purposeful lifestyle can also be within any religious text message or worthwhile translation of the Tao Te Ching. A jolting reminder to people that tale of our own lives is currently in the process of being written and there is absolutely no time like right now to reflect and direct that tale to its penultimate meaning in the ultimate chapters that we have. If you can't afford the time or money for retreats to find your inner self books by Louise L. I've read it many times and each time you get something else from it. Paul Lipton's memoir resonates with us all.." "If you ever wonder what to do, always think about what the warrior would do, then work with courage. He clarifies how and why every one of these factors should be incorporated into a well lived day. Highly recommend it! empathy, curiosity and enjoyment are permitted to arise and fall in an all natural flow, a well-lived day follows without effort or strain.... Paul Lipton speaks to such a prominent issue in our each day lives. He has such profound wisdom and a hands on approach to changing our lives no longer susceptible to "The hour of the Wolf"! The Hour of the Wolf makes a strong case that "age is just a number." Through Mr. Lipton's descriptions of his journeys in lifestyle, we know how and why he came to accept that age shouldn't determine your style of living or your limitations, and he provides demonstrated how this could be accomplished. He would like to share the joy he feels when he conquers the challenges he models, and he demonstrates that you could remain feeling and acting young in the event that you live each instant to its fullest. This book is definitely an inspiration to visitors of all age range. I recommend to all those who want to enrich their lives and discover peace and pleasure in each day. Awesome book! I felt let down and in some way cheated that in the end his inner searching and real travel that the answer should be so obvious... In it he presents the everyman character of his former self as the foil to his awakened self that's living consciously (and conscientiously) and taking authorship of life. Hour of the Wolf Attracts All Senses Hour of the Wolf by Paul Lipton changed my perspective on lifestyle, love, work and family members. Paul Lipton has lived an incredible life and has learned how exactly to really prioritize what's most important in life, that getting family, friends, health and happiness, that i believe everyone must be reminded of periodically. This is actually the message the author so eloquently conveys in "The Hour of the Wolf" An advisable read regardless of where you are on your life journey. I would definitely recommend this reserve to anyone whom feels that they need more balance in their lives and the inspiration to make positive changes in their life! Life Changing Hour of the Wolf was a transformational publication. It's hard for me to separate the book from the .! I anticipate Paul's next book. Timeless & Universal The values at the guts of each tale are timeless and universal. They can be applied instantly and their meaning can be redefined and explored for years to come. A definite read Paul Lipton's spiritual wisdom outlined in "The Hour of the Wolf" was what We needed at this time in my lifestyle. After recognising the value of each day Lipton identifies 5 factors in lifestyle that he feels shouldn't be ignored if we are serious about really living fulfilling and meaningful lives: Health, Friends and family, Learning, Spirituality and Fun. Please find out about his trip and ponder your personal. It helped me function thru things in my lifestyle and helped me live life to the fullest everyday... It's hard for me to separate the book from the man, the person from the reserve. Every phrase in "Hour of the Wolf" is really as Paul is usually, honest and compassionate, resonant, abundant. In a single part of the publication, he says he hears God saying, " Remember to enjoy the time. Now is all we have and all we can count on. I have bought many of his books and shared them with co-workers and encourage others to do the same.! Timeless book! Hour of the Wolf: An Experiment in Ageless Living (I'm Joe's wife) This is a wonderful book -suitable for all adult age groups, but resonates deeply with those of a 'certain age' (60's). But now, I keep Paul's book by my bed so when I wake up restless in the center of the night, I browse a chapter or two and discover a way back to my body, back into my brain, and back into right now. And I take comfort in the universality of the human connection with regret, of curious about, do and become more. Many thanks, Paul, for writing this reserve so courageously. Excellent,insightful reading!.ESSENTIAL

READ!!!! Possibly the personal quest, therefore central to Paul Lipton's book (and maybe his life) is the important thing in the end. What would the warrior in us perform?!!! The message Could be lost on youthful folks, but it is still an excellent read - it offers helpful information to a lifestyle well- resided to anyone who is open to the ideas presented.! Great read Profound, insightful, and thought provoking. Thank you, Paul Lipton!. It guided me to find the balance and meaning in all I do. While it entertains, this books also leads the reader to get an enriching and fulfilling lifestyle of like and courage. His terms inspired me to become the best person I can be and to take full advantage of each instant. And for Paul, that fact is both sobering and empowering.



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