

New York Times Bestseller

MARK NEPO



THE BOOK OF
AWAKENING

*Having the Life You Want
by Being Present to the Life You Have*

with subject index

Mark Nepo

The Book of Awakening: Having the Life You Want by Being Present to the Life You Have



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Nepo speaks of spirit and friendship, urging visitors to remain vital and in love with this life, no matter the hardships. His spiritual daybook is usually a summons to reclaim aliveness, liberate the self, take every day individually, and to savor the beauty provided by life's unfolding. The Publication of Awakening may be the result of his trip of the soul and can inspire others to embark on their very own. Reading his poetic prose is similar to being given second view, exposing the reader to life's multiple measurements, each one drawn with awe and affection. Philosopher-poet and cancers survivor, Mark Nepo opens a fresh season of freedom and joy--an get away from deadening, asleep-at-the wheel sameness--that is both profound and clarifying. Encompassing many traditions and voices, Nepo's words give insight on pain, question, and love. Each access is associated with an exercise that may surprise and delight the reader in its mind-waking ability.



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A beautiful book! In *The Book of Awakenings*, Mark Nepo breaks open the harried existence we contact life and folds it into bite-sized nuggets of wisdom that nudge us along toward expansion, a more open mind, a more indulgent spirit, all in service to elevating the soul. Nepo writes like a man who provides crossed the desert and made it to the oasis for the revitalizing beverage, then made a decision the oasis was a pretty fine spot to be. If you like me have been looking for something to feed your soul. This is actually the kind of book I would read over and over and over.. Just like tempered glass needs a little high temperature to coax it to its very state of existence, Nepo needed a little cancers to get his 3-D priorities right along with his Soul. The work comes across as if time is certainly infinite (spoiler alert: it really is), so why not relax and make notice of a few things when you can. Then suggestions like a work sheet on how to adjust your mind set. Some days you will discover the readings more highly relevant to your own personal situation than others. You can't absorb this publication through an individual read; I state that because it could be a unique present to a loved one. *The Book of Awakenings* is an ideal read for anybody who feels as though they're muddling through: losing life, losing purpose, losing appreciate, identity, focus, or worse, the malaise provides manifested as a dis-ease in your body and there you are, broken, alone, clueless as to how to break through the cycle. It's also ideal for someone without problems, but many questions. If any of these scenarios sound like yours, I have an indicator: read *The Book of Awakenings*. While not a warranty of success — only you can certainly do that — it will help you find a path in the most severe of times. In addition, it creates such a confident habit to spend 10 minutes every morning focusing on something positive/mindful, assisting us to set the direction of the day. Nepo wants you to celebrate life by seeing the nice in all things, but don't misunderstand. . Rather, it's a retreat for your brain and Soul that will supply the self-loving space for the body to follow in a great way. A modern time Rumi, Nepo meets you where you are and turns you from the outside in. I have no idea what Tag Nepo's spiritual beliefs are. probably I just have not been in the right frame of mind when I try.. Five Stars Great book! This book is a superb book to read when starting your entire day and also before falling asleep! It is well written super easy to learn. Life is short, and we only get one, precisely what lives includes a purpose. This author gets the power to give you a new perspective on life to understand yourself and all living beings that surround you. Always like yourself and study from your mistakes. I would suggest this publication to everyone and anyone. While he fought the condition, life changed, became frightening, perhaps shorter, but decidedly different. It offers way too many stories to read back again on. This inspiring book would make an incredible gift. Rocking my world... It's hard to imagine a more beautiful book ever having been created. I don't frequently take time to price a book I've read. It's sort of self-help type of book. I think it might be intentional that he doesn't say. I no more am a Christian but I still long to fill that spiritual part of myself. So, for recent years I have sought out a book that could really feed my soul. You owe it to yourself to follow. After having been a Christian most of my life (also got "paid" to become one, doing work for a ministry for twenty years =), my spirituality shifted. Maybe he, like me, is certainly attracted to many spiritual truths and believes all can take beauty and worth. All I understand is everyday his composing touches me, makes me think and slows me down for a couple minutes to learn and meditate on the meditation recommendations after every reading. I contact this publication my "non christian my utmost for his highest". It's my first book from him, but I really do believe his additional books/writings are equally unique. A poet and philosopher by trade, Nepo is also a cancers survivor... But again, getting the physical book is merely unique. Special Daily Messages Well, Personally i think gifted to possess

this gem in my hands. I say that because am just on my 4th month of this 365-daily reading rituals, and will sincerely state that it provides positively impacted my life. To begin with, it's an early-morning motivational piece of information we keep bringing every single day. The Reserve of Awakenings teaches you why everything can be a blessing, even cancer, and just why there is absolutely no such thing as curses, only cursed considering, which with just a little work can be changed. It's in some way special to have short steps for reflections/meditations/breaths by the end of each daily message in order to complement our day to day message. Mark Nepo shares his trip in that pure and sincere manner, empowering ourselves to be and love who we are. It's a revealing journey, a company to bring wherever we are. When you have a Christian background, you will know what I am referring to! I purchased both kindle and physical versions, so that it's always with me wherever we go. I love the kindle edition because we are able to download the books wherever we have been, in all our gadgets. Besides that, it's easy to find the passages we highlighted and had taken notes, and also to reread them afterwards. This may be your book! Finally, as a side note, when I purchased it, I also gifted my good friend with the same book. Basically short meditations day by day. It's too rich with its lifetime worthy of wisdom crammed into a little more than 400 pages. Haical lovely book but not for everybody. I also just like the index in the trunk. Ok. Kind of new age for me. But, that one has rocked my world. There's a reading for each day of the entire year analysing some emotional aspect of lifestyle. I am reading it slowly, savoring it like I'd an expensive box of chocolates, however in orderly style, leaving randomness for the second round that I know there will be. A few of the readings are very deep and require sluggish and thoughtful reading. Based on your particular circumstances / feeling on any given day a reading may really talk with you or you may get hardly any from it. This is a lovely publication and for me most of the time I get something from the readings. We are all very different which is a very personal kind of book so difficult really to recommend to someone you don't understand well. As a profession and life trainer, I've given this publication to at least 150 people, plus everyone of my relatives and buddies. For more than 4,380 days my day has started with Mark Nepo's daily passage, read out of this battered paperback on my bathroom vanity. This is simply not a touchy-feely self-help reserve. Addictive, in a good way. My teacher at coaching school gave me this reserve in 2006. The rest of the praise you see can be valid. I'll never end reading and appreciating this phenomenal work. The WORLD could benefit from reading. Most excellent book. This Reserve is incredible for daily reading. Strongly recommend. Nepo all of a sudden saw the globe through slow eyes, coming through the trauma more receptive and mature, and eventually decided to jot down his observations which ended up being a boon for ordinary people. Great read. Great spiritual-like reading that keeps me present. Like this Book! Great Daily Readings. Ideal for daily inspiration and positivity. Love it. We wasn't aware it was a daily browse but I have go through it cover to cover and reread it for the day. Difficult to rate this type of book. This book is a great book to read when starting your entire day as well. Although we reside in different countries right now, I do think of him every day whenever we both browse the passage in our own time. A calendar reserve, meaning you can browse the day's access or you can skip around and read it in any order you prefer, The Reserve of Awakenings isn't about deadlines, but lifelines.



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