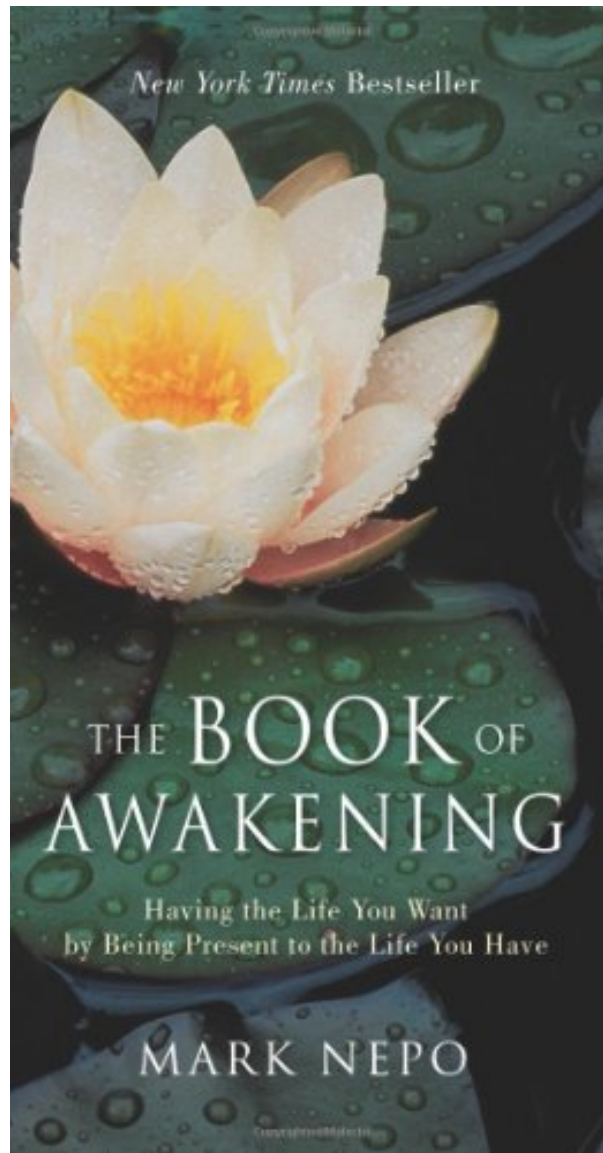


THE BOOK OF AWAKENING: HAVING THE LIFE YOU WANT



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New York Times Bestseller

THE BOOK OF AWAKENING

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

MARK NEPO

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Amazon.com Review

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The Book of Awakening, a cult favorite since its original publication in 2000, catapulted to fame in 2010 after it was chosen as one of Oprah Winfrey's favorite things. This gift edition with sewn binding and a ribbon marker reflects the book's odyssey as a well-beloved daily companion. Mark Nepo wrote the book more than a decade ago, in response to his journey through cancer a decade before that. That experience led him to create a day book not only for people going through life-threatening situations but for everyone.

Nepo calls it, "a book to help people meet their days and inhabit their lives. I had a commitment to create a book that could serve up inner food, that could be turned to as a spiritual first-aid kit." That this book continued to find its readers affirms its quality as a life affirming companion. Again, in Nepo's words, "I think it confirms the yearning of people everywhere for meaningful and humble work that invites readers on a journey together. The premise of the book is that people everywhere have a wisdom of their own and the book is there to guide them to their own wisdom."

The Book of Awakening is a modern classic, speaking to the hearts of hundreds of thousands of readers. It's a daily guide for living in hard times and good times, all the time reminding us that the life we're living is the life we have. Lived authentically it can--and does--become the life we want.

This hardcover edition features a ribbon marker and a subject index that allows the reader to search for quotes and inspiration pertinent to his or her life not only by day but by category.

- Sales Rank: #35735 in Books
- Published on: 2011-10-01
- Original language: English
- Number of items: 1
- Dimensions: 9.50" h x 5.25" w x 1.25" l, 1.36 pounds
- Binding: Hardcover
- 456 pages

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Most helpful customer reviews

4 of 4 people found the following review helpful.

A beautiful book!

By p.j. lazos

In *The Book of Awakenings*, Mark Nepo breaks open the harried existence we call 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 has crossed the desert and made it to the oasis for the revitalizing drink, then decided the oasis was a pretty fine place to be. A poet and philosopher by trade, Nepo is also a cancer survivor. While he fought the disease, life changed, became scary, possibly shorter, but decidedly different. Nepo suddenly saw the world through slow eyes, coming through the trauma more receptive and mature, and ultimately decided to write down his observations which turned out to be a boon for the rest of us. Just like tempered glass needs a little heat to coax it to its super state of existence, Nepo needed a little cancer to get his 3-D priorities right with his Soul.

The work comes across as if time is infinite (spoiler alert: it is), so why not settle down and make note of a

few things while you can. A calendar book, meaning you can read the day's entry or you can skip around and read it in any order you like, *The Book of Awakenings* is not about deadlines, but lifelines. I am reading it slowly, savoring it like I would an expensive box of chocolates, but in orderly fashion, leaving randomness for the second round that I know there will be. You can't absorb this book through a single read; it's too rich with its lifetime worth of wisdom crammed into a bit more than 400 pages. *The Book of Awakenings* is a perfect read for anyone who feels as though they're muddling through: losing life, losing purpose, losing love, identity, focus, or worse, the malaise has manifested as a dis-ease in the body and there you are, broken, alone, clueless as to how to break the cycle. It's also perfect for someone with no problems, but many questions.

If any of these scenarios sound like yours, I have a suggestion: read *The Book of Awakenings*. While not a guarantee of success — only you can do that — it will help you find a path in the worst of times. *The Book of Awakenings* shows you why everything is a blessing, even cancer, and why there is no such thing as curses, only cursed thinking, which with a little work can be changed. Nepo wants you to celebrate life by seeing the good in all things, but don't misunderstand. This is not a touchy-feely self-help book. Rather, it's a retreat for the mind and Soul that will provide the self-loving space for the body to follow.

It's hard to imagine a more beautiful book ever having been written. A modern day Rumi, Nepo meets you where you are and turns you from the outside in. You owe it to yourself to follow.

15 of 15 people found the following review helpful.

Rocking my world...in a good way.

By JD Nunez

I don't often take the time to rate a book I have read. But, this one has rocked my world. After having been a Christian most of my life (even got "paid" to be one, working for a ministry for 20 years =), my spirituality shifted. I no longer am a Christian but I still long to fill that spiritual side of myself.

So, for the past few years I have searched for a book that would really feed my soul. I have no idea what Mark Nepo's religious beliefs are. I think it may be intentional that he doesn't say. Maybe he, like me, is drawn to many spiritual truths and believes all can hold beauty and value. All I know is everyday his writing touches me, makes me think and slows me down for a few minutes to read and meditate on the meditation suggestions after each reading.

I call this book my "non christian my utmost for his highest". If you have a Christian background, you will know what I am referring to!

If you like me have been searching for something to feed your soul...this may be your book!

13 of 13 people found the following review helpful.

Inspirational Indeed

By Maria E Freeman

Each morning, I read one beautiful thought from my attractively packaged little box of inspirations card. I keep my card out all day so that I might recall the daily message. My cards are packaged small enough and lovely enough that I keep it on my desk by my computer. Having these inspirational daily thoughts close by makes it convenient to share though email with those I love. What a wonderful gift that keeps on giving this would be for anyone.

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