



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

Mark Nepo

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The Book of Awakening, by poet and teacher Mark Nepo, provides small doses of what really matters, simple truths and stories from everyday lives, plus inspiration from the great wisdom traditions. Each day's entry is accompanied by simple, yet profound, practices designed to help us live the life we want by being present to the life we have. For, in the words of St. Francis of Assisi, "You are that which you are seeking."

A daily guide for authentic living in hard times, *The Book of Awakening* is a book to keep your head high, your heart open, and your feet on the ground. "It is true," Nepo writes, "If you can't see what you're looking for, see what's there. It is enough".

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