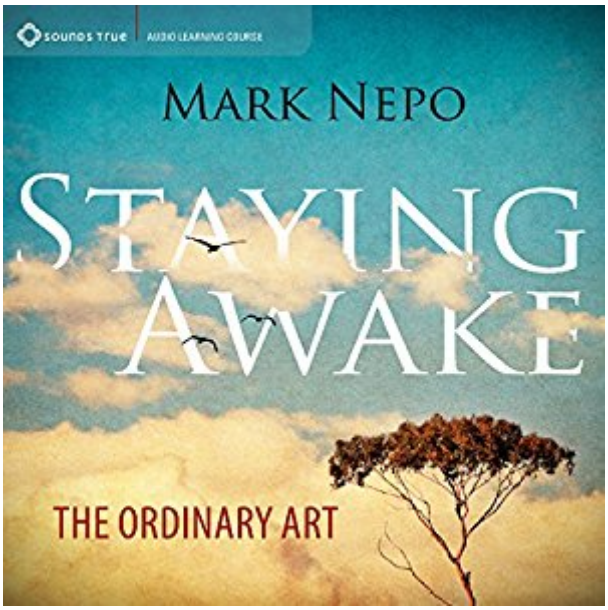
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Staying Awake: The Ordinary Art



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Synopsis

Most of us can remember a time when we felt completely awake - fully present, deeply engaged, our heart and mind wide open. We also know those periods of sleepiness when our purpose is unclear, we lose our way in relationship, and life’s challenges seem more than we can bear. In Staying Awake, Mark Nepo invites us to inhabit our tuest selves "in all ways in all directions", as we find our own voices in the One Conversation in which each of our lives is a story waiting to be told.

Book Information

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