



The Endless Practice: Becoming Who You Were Born to Be

Mark Nepo

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Poet, philosopher, and cancer survivor Mark Nepo has been breaking a path of spiritual inquiry for more than forty years. In his latest book, the #1 *New York Times* bestselling author “writes reflectively and poetically about the lifelong spiritual journey” (*Publishers Weekly*).

Called one of the finest spiritual guides of our time, Nepo explores what it means to become our truest self as we face life’s challenges—as well as its joys. Navigating some of the soul’s deepest, most ancient questions, he asks: How do we stay vital and buoyant amid the storms of life? What is the secret to coming alive? The soul’s journey is inevitable, and no matter where we go we can’t escape this foundational truth: *What’s in the way is the way*. As Nepo writes, “The point of experience is not to escape life but to live it.”

Featured on Oprah’s *Super Soul Sunday* program, and a key presenter in Oprah’s nationwide The Life You Want Weekend Tour, Nepo inspires each of us to discover who we were born to be. Like his bestselling *The Book of Awakening*, *The Endless Practice* is filled with insights and stories, guidance and practice that will bring you closer to living life to the fullest.

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From reader reviews:

Estella Powell:

Spent a free time to be fun activity to try and do! A lot of people spent their sparetime with their family, or their friends. Usually they accomplishing activity like watching television, about to beach, or picnic within the park. They actually doing same every week. Do you feel it? Will you something different to fill your own free time/ holiday? Could possibly be reading a book could be option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to attempt look for book, may be the guide untitled The Endless Practice: Becoming Who You Were Born to Be can be very good book to read. May be it might be best activity to you.

Matthew Waddell:

A lot of people always spent their free time to vacation or maybe go to the outside with them loved ones or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity this is look different you can read the book. It is really fun for you personally. If you enjoy the book which you read you can spent the whole day to reading a guide. The book The Endless Practice: Becoming Who You Were Born to Be it is quite good to read. There are a lot of individuals who recommended this book. They were enjoying reading this book. In case you did not have enough space to deliver this book you can buy the particular e-book. You can m0ore easily to read this book through your smart phone. The price is not to cover but this book has high quality.

Thelma Scott:

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Marva Larson:

In this period of time globalization it is important to someone to obtain information. The information will make a professional understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of recommendations to get information example: internet, newspapers, book, and soon. You will see that now, a lot of publisher this print many kinds of book. The book that recommended to your account is The Endless Practice: Becoming Who You Were Born to Be this e-book consist a lot of the information from the condition of this world now. This kind of book was represented how

does the world has grown up. The terminology styles that writer require to explain it is easy to understand. The actual writer made some investigation when he makes this book. This is why this book ideal all of you.

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