

"Once again, Mark Nepo draws us to the heart of what matters. He illuminates love with the light of his own understanding." — MARIANNE WILLIAMSON

The Exquisite Risk

DARING TO LIVE AN
AUTHENTIC LIFE



MARK NEPO

Exquisite Risk Daring To Live An Authentic Life

Gregg Levoy



Exquisite Risk Daring To Live An Authentic Life:

The Exquisite Risk Mark Nepo, 2007-12-18 A fresh perspective on the art of being alive and essential insight into how we can minimize what stands between us and an authentic experience of life in the spirit of works by Deepak Chopra and Ram Dass Once again Mark Nepo draws us to the heart of what matters He illuminates love with the light of his own understanding Marianne Williamson In these fast paced times the exquisite risk facing each of us every day is to slow down so that we may experience life rather than simply manage it In *The Exquisite Risk* poet and teacher Mark Nepo encourages readers to become quiet enough and open enough to listen to what truly matters our own hearts our loved ones the wonders of nature in order to live a life with nothing held back In rich lyrical prose Nepo shares his own spiritual path including a battle with illness that helped him understand how daring to embrace all that life has to offer can bring us to a deeper appreciation of its meaning and beauty

More Together Than Alone Mark Nepo, 2019-07-09 Mark Nepo the 1 New York Times bestselling author and popular spiritual teacher has given us not only a much needed message of hope and inspiration but a practical guide on how to build a better tomorrow together Arianna Huffington founder of HuffPost This poignant and timely meditation on the importance of community demonstrates how we can live more enriching lives by cultivating connectedness At once a moving meditation and an empowering guide *More Together Than Alone* is a compelling testament to the power of community and why it is so essential in our lives now more than ever Mark Nepo draws from historical events spiritual leaders and the natural world to show how in every generation our tendency is to join together to accomplish our greatest achievements from creating education to providing clean drinking water and preserving the arts Nepo's historical snapshots from ancient times to contemporary examples show how community creates a light in the darkest of times The book explores the heart of how we come together in varied and beautiful ways whether forming resistance groups during the Holocaust or rebuilding after the nuclear devastation in Nagasaki These inspiring stories teach us that even in the bleakest days we have the power to create connections and draw strength from one another Featuring thought provoking analysis and practical takeaways *More Together Than Alone* will help us inhabit a stronger sense of togetherness where we live and in the world so we can achieve our highest potential as individuals and as communities In an age of racial divisions school shootings and international conflict this book's message about the necessity of coming together is timely and its examples of human compassion and unity are often comforting Publishers Weekly

Educating for Health Valerie A. Ubbes, 2008 This text on health education teacher preparation is interwoven with sensory images and analogies from other disciplines The author's approach to instructional methods is grounded in patterns of personal wellness that are then bridged to professional competencies

The Well-Crafted Mom Kathleen Ann Harper, 2018-06-05 The life coach and coauthor of *Signs of a Happy Baby* shares self care strategies and crafting projects to help get new moms on the path to lives they love When life coach Kathleen Ann Harper struggled with the demands of motherhood she took control of her life through dedication self care and

finding a creative outlet for herself Now she s a life coach dedicated to helping new mothers facing the same struggles she once did In *The Well Crafted Mom* Harper blends personal anecdotes and inspirational craft projects with smart self care solutions for moms The Well Crafted Mom links simple craft projects to life coaching tools to give moms creative reminders of what they ve learned in each chapter like how to grapple with mommy guilt ways to tell the difference between having a mess and being a mess how to know when expectations are stealing your happiness and what you can do to reclaim joy

Creativity as a Life Path Jan Groenemann,2023-01-31 In this treasure of a book Jan Groenemann invites us on the heroic journey of creativity as a life path Through inspiring poetry compelling stories and creative examples she demonstrates that creativity itself is a path that awakens us to the realm of the sacred and our most authentic self Creativity is a practice and this book provides a generous toolbox of techniques on how to practice creativity with intention curiosity playfulness and magic Jan s tools are not just based on theory but on her very own creative practice and process that have led to her becoming an artist of being alive

Leading Change in Healthcare Anthony L Suchman,2022-02-14 The challenge of transforming organizational culture is at the heart of many key movements in contemporary healthcare and understanding culture change has become a core leadership competency However much current practice is based on antiquated and psychologically unsophisticated theories leaving leaders inadequately prepared for the complex task of implementing change *Leading Change in Healthcare* presents relationship centered administration an effective new evidence based alternative to traditional culture change methodologies It integrates fresh insights and methods from complexity science positive psychology and relationship centered care enabling a more spontaneous and reflective approach to change management This fosters greater organizational awareness and real participation as well as improved productivity and creativity as well as staff recruitment and retention Case studies drawn from primary care hospitals long term care professional education international NGOs and other settings rather than emphasizing the end results are demonstrations of how to apply relationship centered administration in everyday practice *Leading Change in Healthcare* is a key resource for all practitioners students and teachers of healthcare management medical educators and leaders in all areas of healthcare provision We need a new way of seeing a new way of leading and the authors provide a clear guide and resources for the path ahead *Leading Change in Healthcare* offers hope and a method A daily dose is just what the change doctor ordered from the Foreword by Carol Aschenbrener

Staying Sharp Henry Emmons, MD,David Alter, PhD,2015-09-15 A practical guidebook for maintaining a sharp and healthy mind combines the latest neuroscience research with Eastern holistic mindfulness practices to outline a drug free program for resilient mental aging **Life, Part Two** David Chernikoff,2021-12-21 A guide to seven essential elements that will illuminate your path to spiritual realization and wise elderhood What Carl Jung called the second half of life has the potential to be a remarkable curriculum for insight and awakening When wisely understood the changes inherent in the aging process become stepping stones to the actualization of

our best human qualities wisdom lovingkindness compassion joy and equanimity Author David Chernikoff has spent decades pursuing spiritual study and practice with remarkable teachers including Ram Dass Jack Kornfield Sharon Salzberg Father Thomas Keating and Reb Zalman Schachter Shalomi In Life Part Two he distills lessons from across contemplative traditions to invite readers to embrace seven essential elements of conscious living embracing the mystery choosing a vision cultivating intuitive wisdom committing to inner work suffering effectively serving from the heart and celebrating the journey These elements culminate in wise elderhood a state celebrated by indigenous cultures around the world yet largely unacknowledged in contemporary Western society For those of us who aspire to live fully and to love well as we age Life Part Two is a lucid guidebook that empowers us to personally thrive and to contribute with ever greater clarity and purpose

Healing from the Inside Out Nauman Naeem, 2017-09-12 Unleash your infinite potential and heal your chronic illness This book takes you on a journey to the very core of your being This is done through unravelling layers and layers of density that most of us accumulate throughout our lives and which often initiate and perpetuate chronic disease Once you touch the light of your being you illuminate the dark recesses of your thoughts emotions and your physical body thus facilitating the healing of any chronic illness The exercises given in this book allow you to gain more clarity about your life's mission heal old emotional wounds lift subconscious blocks remove limiting beliefs enter the natural flow of the Universe and fearlessly embrace uncertainty Dr Naeem is a critical care specialist pulmonologist and palliative care specialist whose unique insights into healing stem from caring for tens of thousands of critically and chronically ill patients for more than a decade in two countries This experience combined with his own search for the meaning of existence and the true nature of ultimate reality has culminated into the incredible journey which is the subject of this book **Vital Signs** Gregg Levoy, 2014-12-26

Rediscover or discover for the first time the things that make you passionate in life Vital Signs is about what inspires passion and what defeats it How we lose it and how we get it back And ultimately it's about the endless yet endlessly fruitful tug of war between freedom and domestication the wild in us and the tame our natural selves and our conditioned selves Each chapter in Vital Signs will contain a core sample an intimate biography of one of the strategies we employ to gain or regain our passion The book also affirms the importance of courageous inquiry into dispassion where we're numb depressed stuck bored so the reader can recognize and change these tendencies in themselves *The Winds of Homecoming* Christopher Goodchild, 2021-11-26 It is rare for me to support a book that I feel confident is truly worth a reader's attention and re-reading It is beautifully crafted and full of a heart's intelligence Clearly it comes from years of experience and deep reflection It will take you to a healing place in yourself and inspire you to live with all your talents and limitations Thomas Moore author of *Care of the Soul* Written in the true spirit of the wounded healer *The Winds of Homecoming* draws from and is enriched by the poetry and writings of Rainer Maria Rilke These fifty short meditative reflections offer you hope and inspiration to embrace your loss and loneliness transforming what is limiting and restrictive into something freeing and infinitely expansive

Through his writing Christopher Goodchild walks alongside us not in his role as spiritual guide but as a fellow traveller writing from a deeply human place of vulnerability He does not just tell us how to sit in the contemplative fire and be transformed he shows us He shows us by the life he has lived and continues to live Christopher s latest book written with his characteristic lyricism and tender hearted compassionate observations on the human condition is enhanced by four evocative woodcuts by Kent Ambler Allow the Winds of Homecoming to guide you home **Teaching—The Sacred Art** Rev. Jane E.

Vennard,2015-04-13 Authentic teaching is messy exciting frustrating joyful challenging and sacred Through stories information and reflection we will look inward going more deeply into the discovery of who we are not only as teachers but also as women and men for whom teaching is only a part of life I believe the deepest calling is the call to be who we truly are from Chapter Seven Teaching Who We Are Beloved teacher Rev Jane E Vennard leads an inner exploration of the hopes and fears joys and frustrations gifts and limitations that influence teachers of all kinds teachers like you every day Drawing on her own experience as well as stories from many teachers in conventional and unconventional settings she inspires you to reconnect to your original desire to open minds and hearts to learning With reflection questions practices and activities she helps you reinvigorate your passion for your vocation your students and your subject thus recognizing how teaching is a sacred art **Becoming a Leader Is Becoming Yourself** Russ S. Moxley,2015-07-04 People yearn for leaders who are authentic who show their own face and not a game face who find and use their voice in appropriate ways and act with a tangible sense of integrity Those who engage in the process of leadership each of us at some point want to do so as our true self But staying true to one s self is not easy We are continually moving in and out of authenticity We are present one moment and absent the next We often say yes when we want to say no We act from our core values some of the time but give them a wink when the heat is on There is no formula for being integral and authentic Becoming and being ourselves requires confidence and courage Drawing on the author s 40 years in leadership training this book discusses the things we can do along the way recognizing our strengths and limitations speaking truth to power trusting our companions as we strive to fulfill our leadership potential Instructors considering this book for use in a course may request an examination copy here

The Routledge Companion to Mindfulness at Work Satinder K. Dhiman,2020-09-08 Given the ever growing interest in the benefits of mindfulness to organizations and the individuals who work in them this Companion is a comprehensive primary reference work for mindfulness including creativity and flow in the workplace including business healthcare and educational settings Research shows that mindfulness boosts creativity through greater insight receptivity and balance and increases energy and a sense of wellbeing This Companion traces the genesis and growth of this burgeoning field tracks its application to the workplace and suggests trends and future directions With contributions from leading scholars and practitioners in business leadership psychology healthcare education and other related fields The Routledge Companion to Mindfulness at Work is an extensive reference work which will be a vital resource to the fields of management and

organizational studies human resource management psychology spirituality cultural anthropology and sociology Each chapter will present a listing of key topics a case or situation that illustrates the application of the themes workplace lessons and reflection questions

11 Leonard Sweet,2012-02-01 As believers our journey is just as important as the destination And because relationships are essential to our walk through life it is vital that we partner with people who positively impact our world Dr Leonard Sweet believes these essential people are found in the pages of God s Word Using eleven classic figures from the Bible Dr Sweet details key personal attributes that make up God s Dream Team for your life Readers of all ages will be encouraged to not only seek out such people but to find their place with those around them

Lost but Making Excellent Time Jody Seymour,2009-04-01 In Lost but Making Excellent Time Jody Seymour reminds readers that the ways and pace of our fast track world lead to a place where we discover that we are traveling at breakneck speed but that our spirits are being left behind Seymour uses prose and poetry to reclaim the ancient cycle of the Christian year as a new way to slow down and discover who we really are The Christian year becomes a kind of compass to be used so that travelers through our rat race existence can become aware that we are really fashioned by a Master Hand not to be tourists but pilgrims The words of this book can become a kind of pilgrim s guide to keep readers from being lost while making excellent time

Binge Eating Disorder Amy Pershing,Chevese Turner,2018-08-06 Binge Eating Disorder written by a clinician and an advocate who have personally struggled with Binge Eating Disorder BED illuminates the experience of BED from the patient perspective while also exploring the disorder s etiological roots and addressing the components of treatment that are necessary for long term recovery Accessible for both treatment providers and patients alike this unique volume aims to explore BED treatment and recovery from both sides of the process while also providing a resource for structuring treatment and building effective interventions This practical roadmap to understanding resilience and lasting change will be useful for anyone working clinically with or close to individuals suffering from BED as well as those on the recovery journey

Expressive Arts Therapy for Traumatized Children and Adolescents Carmen Richardson,2015-08-11 Expressive Arts Therapy for Traumatized Children and Adolescents is the book so many expressive arts and trauma therapists have been waiting for Not only does it lay out an organized thorough framework for applying varied expressive arts modalities it provides clear directions for the application of these modalities at different phases of treatment Both beginning and experienced clinicians and students will appreciate the thoughtful analyses of ways for introducing expressive arts to clients engaging clients with their art being present to the art that is created and working within a particular session structure that guides the treatment process Readers will also receive more specific learning regarding the process of using body focused and sensory based language and skills in the process of trauma treatment over time They ll pick up more than 60 priceless expressive arts assessment and treatment interventions that are sure to serve them well for years to come The appendices features these interventions as photocopiable handouts that will guide the therapist working with youth through each phase

of treatment The Mindful Day Laurie J. Cameron, 2019-03-26 Looking to discover everyday mindfulness Laurie Cameron draws on contemplative traditions modern neuroscience and leading psychology to show you how to bring peace and focus to the home in the workplace and beyond From waking up to joy the morning commute to back to back meetings and evening dinners she shows how mindfulness practice can help you navigate life s complexity for better living adapted from back cover

The Kindest Garden Marian Boswall, 2025-04-08 Learn how to garden for the planet with *The Kindest Garden* an innovative guide to regenerative gardening from leading landscape designer Marian Boswall

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