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## The Endless Practice Becoming Who You Were Born to Be

By Mark Nepo

Atria Books. Paperback. Condition: New. 336 pages. As a poet, philosopher, and cancer survivor, Mark Nepo has been breaking a path of spiritual inquiry for more than thirty years. In his new book, the 1 New York Times bestselling author explores how the soul works in the world. Called one of the finest spiritual guides of our time, this beloved teacher explores what it means to become our truest self through the ongoing and timeless journey of awakening to the dynamic wholeness of life, which is messy and unpredictable. Nepo navigates some of the soul's deepest and most ancient questions, such as: What does it mean to inhabit the world? How do we stay vital and buoyant amid the storms of life? What is the secret to coming alive? Nepo affirms that not only is the soul's journey inevitable, it is essential to our survival. The human journey is how the force of life grows us, 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, Nepo's Seven...

### Reviews

*Comprehensive information for book fans. It is one of the most amazing books I actually have read. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Yoshiko Okuneva**

*This is an amazing publication I actually have at any time go through. It is actually really interesting through reading through period. It's been developed in an exceptionally straightforward way which is merely following I finished reading through this publication where it actually altered me, modify the way in my opinion.*

-- **Noah Padberg**