



The One Life We're Given: Finding the Wisdom That Waits in Your Heart

Mark Nepo

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Beloved spiritual teacher, poet, and philosopher Mark Nepo returns to the inspiring short-chapter format of his #1 *New York Times* bestseller, *The Book of Awakening*, to map an insightful and resilient path for inhabiting the soul by engaging in the world.

Mark Nepo has been called “one of the finest spiritual guides of our time,” “a consummate storyteller,” and “an eloquent spiritual teacher.” With the rare ability to communicate stirring profound truths directly to each individual heart, Mark inspires audiences of more than 15,000 people as well as small, intimate groups. Now, in *The One Life We're Given*, Nepo’s personal stories, questions, and meditations take us on a deep and uplifting journey to know our own hearts and enliven our souls.

“In order to fully live the one life we’re given,” Nepo writes, “we each must affirm how precious this one life is and open ourselves to loving whatever life puts before us. Whether that is suffering, pain, fear or loss, or surprise, beauty, love or wonder, we work to stay in touch with our hearts in order to make sense of our experience. As we learn when to try and when to let go, when to give our all and when to surrender and simply receive, we unfold the moments that reveal meaning and ready us for grace. This is how the heart breaks a path to our soul’s work, leading us to our authenticity, and to how we can be useful to others and the world.”

By illuminating the art of finding and restoring what matters and by exploring the craft of awakening, *The One Life We're Given* affirms our purpose as not just to stay alive but to stay in our aliveness.

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