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he observes the magnificent complexities of the human experience. The notion of an endless practice gives us hope and encouragement—that even when we trip, struggle, grieve, or feel lost, we have an opportunity to expand, and that it's through this lived experience, with all its ups and downs, that we come closer to the heart of who

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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 ...



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Everyone knows firsthand that life is messy and painful, beautiful and unpredictable. The endless practice is keeping our heart open to the whole of it. And the journey of becoming who we were born to be never ends. It's

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limitless, eternal. We don't arrive—we grow.

## **The Endless Practice of Becoming Who You Were Born to Be ...**

Once again, Mark Nepo serves as the best spiritual and trusted guide for my self. The title, The Endless Practice of becoming who we were born to be

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relates to my journey thus far and it is so comforting having the author navigate a wide range of emotions that would otherwise create feelings of aloneness and perhaps alienation. Thank you.

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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

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insights and stories, guidance and practice that will bring you closer to living life to the fullest.

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