

## What Matters Most Living A More Considered Life James Hollis

"It's easy in these times to allow ourselves to slip into resignation, isolation, or despair. The Book of Soul is an antidote." —Arianna Huffington, Founder & CEO, Thrive Global and Founder, Huffington Post "I recommend The Book of Soul for all of us wanting to stay connected to a deeper purpose." —Melinda Gates, New York Times Bestselling Author of The Moment of Lift "There is much to explore and savor in this [new] book [by] this incredibly talented writer, storyteller, poet, and teacher. The spiritual practitioner will rejoice in Nepo's uncanny ability to consistently stretch our minds and souls with fresh musings." —Frederic and Mary Ann Brussat, Spirituality & Practice "I love all Mark's books because of his deep insights and his amazing way with words, but there's something truly special about this one. It feels like a compilation of the best and most profound ideas from his work. I want to savor each and every chapter." —Katy Koontz, Editor, Unity Magazine A powerful new book of spiritual awakening from #1 New York Times bestselling author Mark Nepo In The Book of Soul, Mark Nepo, the bestselling author of The Book of Awakening, offers a powerful guide to inhabiting an authentic and wholehearted life. After we are physically born, we must be spiritually born a second time, a process that takes place through the labor of a lifetime as we develop into more fully realized beings. The Book of Soul delves into the spiritual alchemy of that transformation in all its mystery, difficulty, and inevitability. The book is divided into four sections that mark the passages we all face: enduring our Walk in the World, until we discover Our True Inheritance, which allows us to live in the open by Widening Our Circle, as we Help Each Other Stay Awake. The Book of Soul is a piercing guide, replete with beautiful truths and startling insight, that leads us deeply into the process of transformation. An enthralling novel about love, loss, secrets, friendship, and the healing power of literature, by the bestselling author of The Knitting Circle. Ava's twenty-five-year marriage has fallen apart, and her two grown children are pursuing their own lives outside of the country. Ava joins a book group, not only for her love of reading but also out of sheer desperation for companionship. The group's goal throughout the year is for each member to present the book that matters most to them. Ava rediscovers a mysterious book from her childhood—one that helped her through the traumas of the untimely deaths of her sister and mother. Alternating with Ava's story is that of her troubled daughter Maggie, who, living in Paris, descends into a destructive relationship with an older man. Ava's mission to find that book and its enigmatic author takes her on a quest that unravels the secrets of her past and offers her and Maggie the chance to remake their lives.

After speaking on teaching and influencing young people at a student gathering in Texas, Pat Williams received an email from a high school coach who had heard his talk. Coach McCall's email stated that every kid who's growing up is dying to live his life. But as people get older, instead of dying to live, they start living to die. His closing thought is What are you dying for? Unable to escape this question, Pat invites readers to ask themselves, When my days on earth are over, will I discover that I have wasted my life on meaningless things that have no lasting and eternal value? Most people are living for four things: fortune, status, power, or pleasure. But there are four far more meaningful and satisfying reasons for living--and for dying. These give purpose and value to our lives, so that we can know our lives have eternal significance. If you died tomorrow, what would people say? Starting with Jesus's statement that whoever wants to save his life will lose it, but whoever loses his life for the gospel will save it, Pat gives a powerful, practical, and encouraging plan for how to live a life that truly matters and to leave a legacy that never dies.

Outlines an approach to achieving happiness that counsels on ways to overcome fear-based hurdles, explains how to evaluate one's internal beliefs, and reveals the importance of pursuing growth rather than security.

Kindness - the little thing that matters most aims to motivate and inspire by showing readers what a difference even a small act of kindness can make.

Amid the noise and chaos, how do we find our way? Trusted voices help us on our journey; voices of those who have been tested, bloodied, and scarred but have endured. Voices of those who have kept hope alive when every reason for hope seemed lost. Voices of love and compassion, friendship and forgiveness. My hope is that you'll find my voice trustworthy and that, in these words, you'll find encouragement to live a life that matters, and ultimately, for what matters most. Why should my words matter to you? I'm not famous or prominent in any way, neither am I a philosopher or a theologian. I'm an ordinary person like most of you; a husband, a father, an employee, and a friend. The world needs ordinary people to live lives that matter, lives that make a difference. It isn't the experts and the thought leaders who change the world, it's the everyday people like us. "If living well matters genuinely to you, then What Matters Most is a must-read! Danny Kittinger says he's an ordinary person, and I reckon it's true. Yet, his earnest disciplined attention to the Word of God and to Jesus, the Word that became flesh, has given his life form and substance, producing an extraordinarily enviable life. I'm confident it won't take long for you to trust his voice and be encouraged to, like him, 'live a life that matters, and ultimately, for what matters most.'" -Fil Anderson, Spiritual director, conference speaker, retreat leader, and author

New York Times bestselling author Luanne Rice works her singular magic in this deeply felt novel about two unforgettable couples, linked by a shared history, separated by decisions made long ago. What if you could relive one time in your life? What would you choose if you could make one thing right? For Bernadette and Tom, it is a return to their roots in Ireland and a love that broke every rule and could have withstood any consequence—but the one that broke their hearts. For James and Kathleen, whose indelible bond was forged in a Dublin orphanage before one was adopted and carried across the sea to America, it is a reunion they've dreamed of all their young lives, even if it defies reason. From the Emerald Isle to the Connecticut shore, four lives are about to come together in a confrontation that will challenge each of them to leave behind the past and all they once thought was important, and to embrace at last what matters most. Imagine waking every morning filled with clarity and excitement around what you do, create, and contribute. You don't have to quit your job and move to a deserted island to find your life purpose. That's the promise of The Purpose Playbook. Alexandra Cole helps Fortune 500 brands better articulate and operate in alignment with their values. She now uses the same frameworks and principles to help individuals find fulfillment. Alexandra demystifies purpose by sharing relatable anecdotes, impactful exercises, and tactical advice on how to overcome common obstacles and take incremental steps to design your life around what matters most. This no-nonsense guide will teach you how to: \* Identify and articulate your unique purpose \* Spend your time more intentionally \* Find career opportunities that allow you to make an impact and do what you love \* Get inspired when you feel stuck or stagnant \* Transform your money

mindset to work for you instead of against you \* Develop routines that will infuse your every day with more purpose When you stop settling, trust your intuition, and do the work, you will enjoy a more meaningful career, relationships, and lifestyle. It's time to stop living on autopilot and start living on purpose.

Founder of popular website Get Your Shit Together blends personal story and must-have advice in the ultimate guide to getting your affairs in order—from wills and advance directives to insurance, finances, and relationships—before the unthinkable happens. On July 17, 2009, Chanel Reynolds' husband, José, was struck by a car while cycling near their home in Seattle. In the wake of her husband's untimely death, Reynolds quickly realized that she was completely unprepared for what came next. What was the password to his phone? Did they sign their wills? How much insurance did they have? Could she afford the house? And what the hell was probate anyway? Simply put, when life went sideways she didn't have her shit together. As it turns out, most of us don't either. We're too busy, in denial, overwhelmed by too much information, uncertain where to start, or just uncomfortable having those difficult conversations. Reynolds learned the hard way that hoping for the best is not a plan, but you don't have to. Drawing on her first-hand experience, expert advice, and the unparalleled resources she's compiled for her celebrated website, Reynolds lends a human voice to a warren of checklists and forms and emotional confusion, showing readers how to: Create a will and living will Update (or finally get) the right life insurance policy Start or grow an emergency fund Make a watertight emergency plan Keep secure, up-to-date records of personal information Authoritative yet personal, grounded but irreverent, Reynolds' voice carries readers through a tough subject with candor and compassion. Weaving personal story with hard-won wisdom, What Matters Most is the approachable, no-nonsense handbook we all need to living a life free of worry and "what ifs."

Chamine exposes how your mind is sabotaging you and keeping you from achieving your true potential. He shows you how to take concrete steps to unleash the vast, untapped powers of your mind.

Life is a precious gift, yet daily demands can cloud your vision, making it look like a never-ending cycle of obligations and appointments. Through this insightful devotional, reclaim your passions, your relationships, and your joy through the daily reminders of what really matters. It's never too late to live the wide-awake, passionate life you once envisioned. Embrace what really matters most, and start living a life rich with purpose, delight, and eternal meaning.

A high-energy guide to living with presence, optimism, and joy--one yay at a time! Ever wish you were one of those upbeat, positive people who embrace every day with a can-do mindset that motivates others and simply makes life more fun? Longtime magazine editor Meaghan B Murphy is one of those high-energy people--and she's here to share her secrets for finding more yay every day. Your Fully Charged Life is Murphy's practical guide to bringing your best self to every moment, even when the pressures of daily life leave you feeling overwhelmed, exhausted, and wallowing in negative thoughts (and a pint of your favorite gelato). Spanning health, work, family time, and more, this book reveals small changes in outlook and habits that yield big results, without ever sacrificing who you are. Informed by the latest research in neuroscience, positive psychology, and inspiring examples of women and men who live fully charged every day, the book presents simple ways to: • cultivate gratitude--and pass it along • make meaningful connections with the people around you • learn to say no--so you can fill your days with things that matter to you most • recharge when you need it • spread the positive charge to others to make the world a happier, healthier place Going beyond platitudes and shallow Insta-inspiration, this inspiring and empowering book provides a blueprint for feeling less stressed and genuinely making the most of your every day.

The celebrated author of Finding Meaning in the Second Half of Life delivers a unique look at happiness, sharing a Jungian approach to finding a fearless, authentic path. Why are we here? What is the meaning of existence? What truly matters the most in life? To even begin to answer these questions, we must start by exploring our own internal ideals, values, and beliefs. Presenting the unique perspective of respected analyst and author James Hollis, Ph.D., What Matters Most helps readers learn to appreciate (even be amazed by) events unfolding within, even as the external world creates constant struggles. Taking a fresh look at the concept of happiness, Hollis uses a warm, accessible tone to encourage readers to learn to tolerate ambiguity, embrace growth rather than security, respect the power of Eros, engage spiritual crises, and acknowledge the shadow of mortality. Providing inspiring wisdom and personal reflections to address our deepest worries, What Matters Most yields far more than mere self-help clichés. Instead, Hollis guides readers in uncovering the heart of the matter, discovering what it means to truly live life to its fullest, most meaningful state—as fully engaged citizens of the world.

#1 New York Times Bestseller Legendary venture capitalist John Doerr reveals how the goal-setting system of Objectives and Key Results (OKRs) has helped tech giants from Intel to Google achieve explosive growth—and how it can help any organization thrive. In the fall of 1999, John Doerr met with the founders of a start-up whom he'd just given \$12.5 million, the biggest investment of his career. Larry Page and Sergey Brin had amazing technology, entrepreneurial energy, and sky-high ambitions, but no real business plan. For Google to change the world (or even to survive), Page and Brin had to learn how to make tough choices on priorities while keeping their team on track. They'd have to know when to pull the plug on losing propositions, to fail fast. And they needed timely, relevant data to track their progress—to measure what mattered. Doerr taught them about a proven approach to operating excellence: Objectives and Key Results. He had first discovered OKRs in the 1970s as an engineer at Intel, where the legendary Andy Grove ("the greatest manager of his or any era") drove the best-run company Doerr had ever seen. Later, as a venture capitalist, Doerr shared Grove's brainchild with more than fifty companies. Wherever the process was faithfully practiced, it worked. In this goal-setting system, objectives define what we seek to achieve; key results are how those top-priority goals will be attained with specific, measurable actions within a set time frame. Everyone's goals, from entry level to CEO, are transparent to the entire organization. The benefits are profound. OKRs surface an organization's most important work. They focus effort and foster coordination. They keep employees on track. They link objectives across silos to unify and strengthen the entire company. Along the way, OKRs enhance workplace satisfaction and boost retention. In Measure What Matters, Doerr shares a broad range of first-

person, behind-the-scenes case studies, with narrators including Bono and Bill Gates, to demonstrate the focus, agility, and explosive growth that OKRs have spurred at so many great organizations. This book will help a new generation of leaders capture the same magic.

Winners in business aren't the ones who do the most things; the winners are the ones who do the most important things. *Be the Best at What Matters Most* is about the one essential strategy for business leaders, entrepreneurs, owners, managers and those who want to be one. Simplify, focus, and win by outperforming all your competition on those things that create real value for the customer. This is about substance, not flash, and the ultimate "wow" factors of high quality performance, consistency and relentless improvement. Thought provoking questions, activities, and action steps are built into every section of the book. Author Joe Calloway, an International Speakers Hall of Fame inductee, has been a popular business speaker for thirty years and worked with hundreds of companies to help them create and sustain success. *Be the Best at What Matters Most* will help you and your team focus on taking the actions that maximize results, growth, and profit.

Updated with stories from people who have been inspired by the original text, a guide to connecting with what matters most identifies four phrases for honoring relationships, letting go of unhealthy emotions, and living life fully.

What does it really mean to be a grown up in today's world? We assume that once we "get it together" with the right job, marry the right person, have children, and buy a home, all is settled and well. But adulthood presents varying levels of growth, and is rarely the respite of stability we expected. Turbulent emotional shifts can take place anywhere between the age of thirty-five and seventy when we question the choices we've made, realize our limitations, and feel stuck—commonly known as the "midlife crisis." Jungian psycho-analyst James Hollis believes it is only in the second half of life that we can truly come to know who we are and thus create a life that has meaning. In *Finding Meaning in the Second Half of Life*, Hollis explores the ways we can grow and evolve to fully become ourselves when the traditional roles of adulthood aren't quite working for us, revealing a new way of uncovering and embracing our authentic selves. Offering wisdom to anyone facing a career that no longer seems fulfilling, a long-term relationship that has shifted, or family transitions that raise issues of aging and mortality, *Finding Meaning in the Second Half of Life* provides a reassuring message and a crucial bridge across this critical passage of adult development.

"An intelligent, moving read" (Pages) and "a testament to women's friendship and to Ann Hood's talent" (Hilma Wolitzer). After the loss of her only child, Mary Baxter finds herself unable to read or write, the activities that used to be her primary source of comfort. She reluctantly joins a knitting circle as a way to fill her lonely days—not knowing it will change her life. As they teach Mary new knitting techniques, the women in the circle also reveal their own secrets of loss, love, and hope. With time, Mary is finally able to tell her own story of grief, and in so doing finds the spark of life again.

It's All a Game From the moment we are born, others' expectations shape our behaviors, choices, and definitions of success. We build our personal and professional lives around those expectations and at some point, many of us wonder if we are on the right path. We may want to make changes, but it's difficult and we don't know how to start. In *What Game Are You Playing?*, author Robin Moriarty, PhD shares her view on what being "successful" should look like, and those views will be a surprise to many. According to Moriarty, life is a game, and it is up to each individual to determine just what kind of game they want to play. The author guides readers through a process that shows them how to assess their current state and outlines the steps they need to take in order to achieve their new game and own version of success. The book enables readers to—

- Gain awareness of the way they want to live their lives
- Reframe success on their own terms
- Map out what they will need to do to get there

Through a series of examples and exercises designed as a game, Moriarty helps readers recognize—and then step away from—the expectations of others so they can define and pursue their own version of success in work and in life. Through this process of finding and designing their own games, readers will no longer be a pawn in someone else's.

For anyone looking to declutter, organize, and simplify, author Erin Boyle shares practical guidance and personal insights on small-space living and conscious consumption. At once pragmatic and philosophical, *Simple Matters* is a nod to the growing consensus that living simply and purposefully is more sustainable not only for the environment, but for our own happiness and well-being, too. Boyle embraces the notion that "living small" is beneficial and accessible to us all—whether we're renting a tiny apartment or purchasing a three-story house. Filled with personal essays, projects, and helpful advice on how to be inventive and resourceful in a tight space, *Simple Matters* shows that living simply is about making do with less and ending up with more: more free time, more time with loved ones, more savings, and more things of beauty.

Discover how to Get It Right in your Moments That Matter—when the situation is complex and relational—and the stakes are high. Transform the outcome of your most challenging situations and interactions when you feel—

- Threatened by charged emotions or uncertainty
- Paralyzed by fear of saying (or doing) the wrong thing (again)
- Defeated by a relationship that seems damaged beyond repair
- Perplexed about how to achieve the results you desire
- Stalled in progress with others due to differing styles and perspective.

In an ever-changing environment when typical habits, behaviors, and thinking aren't enough, *Getting It Right When It Matters Most* introduces research backed insight and a simple model for your most important situations. Apply self-awareness, learning agility, and emotional intelligence through the Self, Outlook, Action, and Reflection (SOAR) cycle.

A philosopher and a scientist propose that sustainability can be understood as living well together without diminishing opportunity to live well in the future. Most people acknowledge the profound importance of sustainability, but few can define it. We are ethically bound to live sustainably for the sake of future generations, but what does that mean? In this book Randall Curren, a philosopher, and Ellen Metzger, a scientist, clarify normative aspects of sustainability. Combining their perspectives, they propose that

sustainability can be understood as the art of living well together without diminishing opportunity to live well in the future. Curren and Metzger lay out the nature and value of sustainability, survey the problems, catalog the obstacles, and identify the kind of efforts needed to overcome them. They formulate an ethic of sustainability with lessons for government, organizations, and individuals, and illustrate key ideas with three case studies. Curren and Metzger put intergenerational justice at the heart of sustainability; discuss the need for fair (as opposed to coercive) terms of cooperation to create norms, institutions, and practices conducive to sustainability; formulate a framework for a fundamental ethic of sustainability derived from core components of common morality; and emphasize the importance of sustainability education. The three illustrative case studies focus on the management of energy, water, and food systems, examining the 2010 Gulf of Mexico oil spill, Australia's National Water Management System, and patterns of food production in the Mekong region of Southeast Asia.

It's normal to feel overwhelmed by the hard things in life, but lately doesn't it seem like we're feeling this way a lot more often than we used to? The problem isn't a lack of motivation or effort, but that motivation and effort are limited resources. The more we deplete them, the more burnt out we get, making it even harder to produce the results we want. In 'Effortless', Greg McKeown show us how to make essential tasks easier so that we can accomplish more of what matters, without burning out. From the author of 'Essentialism'.

A 7-session study of Philippians that will challenge you to find contentment and joy in what matters most--Christ.

A pioneer in the field of behavioral science delivers a groundbreaking work that shows how finding your purpose in life leads to better health and overall happiness. Your life is a boat. You need a rudder. But it doesn't matter how much wind is in your sails if you're not steering toward a harbor—an ultimate purpose in your life. While the greatest philosophers have pondered purpose for centuries, today it has been shown to have a concrete impact on our health. Recent studies into Alzheimer's, heart disease, stroke, depression, functional brain imaging, and measurement of DNA repair are shedding new light on how and why purpose benefits our lives. Going beyond the fads, opinions, and false hopes of “expert” self-help books, Life on Purpose explores the incredible connection between purposeful living and the latest scientific evidence on quality of life and longevity. Drawing on ancient and modern philosophy, literature, psychology, evolutionary biology, genetics, and neuroscience, as well as his experience in public health research, Dr. Vic Strecher reveals the elements necessary for a purposeful life and how to acquire them, and outlines an elegant strategy for improving energy, willpower, and long-term happiness, and well-being. He integrates these core themes into his own personal story—a tragedy that led him to reconsider his own life—and how a deeper understanding of purposeful living helped him not only survive, but thrive. Illuminating, accessible, and authentically grounded in real people's experiences, Life on Purpose is essential reading for everyone seeking lasting improvement in their lives.

Time management remains a huge challenge for most people. This book shares the habits and processes used by top leaders worldwide to minimize distractions and maximize accomplishments. In researching more than 1,260 managers and executives from more than 108 different organizations, Steve and Rob Shallenberger discovered that 68 percent of them feel like their number one challenge is time management, yet 80 percent don't have a clear process for how to prioritize their time. Drawing on their forty years of leadership research, this book offers three powerful habits that the top 10 percent of leaders use to Do What Matters Most. These three high performance habits are developing a written personal vision, identifying and setting Roles and Goals, and consistently doing Pre-week Planning. And Steve and Rob make an audacious promise: these three habits can increase anyone's productivity by at least 30 to 50 percent. For organizations, this means higher profits, happier employees, and increased innovation. For individuals, it means you'll find hours in your week that you didn't know were there—imagine what you could do! You will learn how acquiring this skillset turned an “average” employee into her company's top producer, enabled a senior vice president to reignite his team and achieve record results, transformed a stressed-out manager's work and home life, helped a CEO who felt like he'd lost his edge regain his fire and passion, and much more. By implementing these simple and easy-to-understand habits, supported by tools like the Personal Productivity Assessment, you will learn how to lead a life by design, not by default. You'll feel the power that comes with a sense of control, direction, and purpose.

• More than 500 appearances on national bestseller lists • #1 Wall Street Journal, New York Times, and USA Today • Won 12 book awards • Translated into 35 languages • Voted Top 100 Business Book of All Time on Goodreads People are using this simple, powerful concept to focus on what matters most in their personal and work lives.

Companies are helping their employees be more productive with study groups, training, and coaching. Sales teams are boosting sales. Churches are conducting classes and recommending for their members. By focusing their energy on one thing at a time people are living more rewarding lives by building their careers, strengthening their finances, losing weight and getting in shape, deepening their faith, and nurturing stronger marriages and personal relationships. YOU WANT LESS. You want fewer distractions and less on your plate. The daily barrage of e-mails, texts, tweets, messages, and meetings distract you and stress you out. The simultaneous demands of work and family are taking a toll. And what's the cost? Second-rate work, missed deadlines, smaller paychecks, fewer promotions--and lots of stress. AND YOU WANT MORE. You want more productivity from your work. More income for a better lifestyle. You want more satisfaction from life, and more time for yourself, your family, and your friends. NOW YOU CAN HAVE BOTH — LESS AND MORE. In The ONE Thing, you'll learn to \* cut through the clutter \* achieve better results in less time \* build momentum toward your goal\* dial down the stress \* overcome that overwhelmed feeling \* revive your energy \* stay on track \* master what matters to you The ONE Thing delivers extraordinary results in every area of your life--work, personal, family, and spiritual. WHAT'S YOUR ONE THING?

## Where To Download What Matters Most Living A More Considered Life James Hollis

Creativity has informed every aspect of Flora Bowley's life. A professional artist whose workshops and online courses have inspired thousands, Bowley believes that every person is here for a profound purpose—a purpose that can be discovered and embraced. This book provides a roadmap for living an art-filled life—a life in which creative expression animates the body, soul, and spirit. Bowley shares tools for plumbing the depths of one's being, and encourages readers to discover inner resources that enable them to live with bravery and spirit. Packed with exercises and prompts to help guide readers through their own process, *The Art of Aliveness* teaches that creativity goes well beyond just "making stuff." Creativity is a whole way of being—one that stands in opposition to productivity for productivity's sake. A full life, infused with Aliveness, is a life of courage, intuition, spontaneity, discernment, and joy. If your creative potential feels buried beneath years of old stories and stagnant patterns, it's never too late to revitalize these parts of yourself. This book shows you how.

Bestselling author Steve Farrar has good news for the average man: it doesn't matter if you've had a great start in the Christian life, or a rough one. It doesn't matter if you've stumbled time and again, or even fallen flat on your face. What matters most in this all-important race of life is how you finish. According to Farrar, the man who hangs in there for the long haul with his wife, his kids, and his Lord is an exception these days. *Finishing Strong*, now in trade paperback, offers lively use of Scripture, contemporary illustrations, and study questions to equip every reader to be that exception. For the man who wants to climb the character ladder more than the corporate one, this is an essential tool.

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In search of answers and action, the award-winning poet and essayist Lisa Wells brings us *Believers*, introducing trailblazers and outliers from across the globe who have found radically new ways to live and reconnect to the Earth in the face of climate change. We find ourselves at the end of the world. How, then, shall we live? Like most of us, Lisa Wells has spent years overwhelmed by increasingly urgent news of climate change on an apocalyptic scale. She did not need to be convinced of the stakes, but she could not find practical answers. She embarked on a pilgrimage, seeking wisdom and paths to action from outliers and visionaries, pragmatists and iconoclasts. *Believers* tracks through the lives of these people who are dedicated to repairing the earth and seemingly undaunted by the task ahead. Wells meets an itinerant gardener and misanthrope leading a group of nomadic activists in rewilding the American desert. She finds a group of environmentalist Christians practicing “watershed discipleship” in New Mexico and another group in Philadelphia turning the tools of violence into tools of farming—guns into ploughshares. She watches the world's greatest tracker teach others how to read a trail, and visits botanists who are restoring land overrun by invasive species and destructive humans. She talks with survivors of catastrophic wildfires in California as they try to rebuild in ways that acknowledge the fires will come again. Through empathic, critical portraits, Wells shows that these trailblazers are not so far beyond the rest of us. They have had the same realization, have accepted that we are living through a global catastrophe, but are trying to answer the next question: How do you make a life at the end of the world? Through this miraculous commingling of acceptance and activism, this focus on seeing clearly and moving forward, Wells is able to take the devastating news facing us all, every day, and inject a possibility of real hope. *Believers* demands transformation. It will change how you think about your own actions, about how you can still make an impact, and about how we might yet reckon with our inheritance.

On a quest for what matters most, Timothy Shriver discovers a radically different, inspiring way of life. At a time when we are all more rudderless than ever, we look for the very best teachers and mentors to guide us. In *Fully Alive*, an unusual and gripping memoir, Timothy Shriver shows how his teachers have been the world's most forgotten minority: people with intellectual disabilities. In these pages we meet the individuals who helped him come of age and find a deeper and more meaningful way to see the world. Shriver's journey begins close to home, where the quiet legacy of his aunt Rosemary, a Kennedy whose intellectual disability kept her far from the limelight, inspired his family to devote their careers to helping the most vulnerable. He plays alongside the children of Camp Shriver, his mother's revolutionary project, which provided a space for children with intellectual disabilities to play, and years later he gains invaluable wisdom from the incredible athletes he befriends as chairman of the organization it inspired, Special Olympics. Through these experiences and encounters with scholars, spiritual masters, and political icons such as Nelson Mandela, Shriver learns how to find humility and speak openly of vulnerability and faith. *Fully Alive* is both a moving personal journey and a meditation on some of the greatest wisdom and the greatest contradictions of our society. Is disability to be feared or welcomed, pitied or purged? Shriver argues that we all have different abilities and challenges we should embrace. Here we see how those who appear powerless have turned this seeming shortcoming into a power of their own, and we learn that we are all totally vulnerable and valuable at the same time.

A young horse discovers that whatever our differences, love connects us all. What matters most of all to you? What matters most to me? Let's take a look around us, and maybe we will see. A small horse and a large horse celebrate their unconditional love in a sweet story full of gentle rhymes and foil-embellished illustrations. Beloved children's book creator Emma Dodd explores important themes of identity and belonging in this warm and uplifting story of love.

What guides us when our world is changing? Discover the path to deeper meaning and purpose through depth psychology and classical thought. How did we get to this crossroads in history? And will we make it through—individually and as a species? “We all assumed that learning, rationality, and good intentions would prove enough to bring us to the promised land,” says Dr. James Hollis. “But they haven't and won't. Yet what we also do not recognize sufficiently is that this human animal is equipped for survival. In time, as we have seen of life's other insolubles, we grow large enough to contain what threatened to destroy us.” Dr. Hollis's readers know him as a penetrating thinker who brings profound insight and sophistication to the inner journey. In *Living Between Worlds*, he broadens his lens to encompass the relationship between our inner struggles and the rapidly shifting realities of modern human existence. You will learn to invoke the tools of depth psychology, classical literature, philosophy, dream work, and myth to gain access to the resources that supported our ancestors through their darkest hours. Through these paths of inner exploration, you will access your “locus of knowing”—an inner wellspring of deep resilience beyond the ego, always available to guide you back to the imperatives of your soul. Though many of the challenges of our times are unique, the path through for us, personally and collectively, will always rely on our measureless capacity for creativity, wisdom, and connection to a reality larger than ourselves. Here you will find no easy answers or pat reassurances. Yet within the pages of *Living Between Worlds*, you will encounter causes for hope. “We can find what supports us when nothing supports us,” Hollis teaches. “By bearing the unbearable, we go through the desert to arrive at a nurturing oasis we did not know was there.”

Using the work of Scripture as inspiration, Weems offers 10 lessons that teach women how to discover what their passions are, and how to create direction and meaning in their lives. Helps readers to understand that passion is not something awakened by other people, but an inner source of energy that flows out of every aspect of one's being. In doing so, Weems empowers women to fight against stereotypes and ignore the conventional way of doing things in order to find their own happiness and joy.

In a world where these things are often defined in terms of black and white, respected Jungian analyst James Hollis delivers a fresh look at the concept of happiness and shares his approach to finding a fearless, authentic path.

A critical resource for families managing significant wealth *Wealth of Wisdom* offers essential guidance and tools to help high-net-worth families successfully manage significant wealth. By

compiling the 50 most common questions surrounding protection and growth, this book provides a compendium of knowledge from experts around the globe and across disciplines. Deep insight and thoughtful answers put an end to uncertainty, and help lay to rest the issues you have been wrestling with for years; by divulging central lessons and explaining practical actions you can take today, this book gives you the critical information you need to make more informed decisions about your financial legacy. Vital charts, graphics, questionnaires, worksheets and other tools help you get organised, develop a strategy and take real control of your family's wealth, while case studies show how other families have handled the very dilemmas you may be facing today. Managing significant wealth is a complex affair, and navigating the financial world at that level involves making decisions that can have major ramifications — these are not decisions to make lightly. This book equips you to take positive action, be proactive and make the tough decisions to protect and grow your family's wealth. Ensure your personal and financial success and legacy Access insight and data from leading experts Adopt the most useful tools and strategies for wealth management Learn how other families have successfully navigated common dilemmas When your family's wealth is at stake, knowledge is critical — and uncertainty can be dangerous. Drawn from interactions with hundreds of wealthy individuals and families, Wealth of Wisdom provides a definitive resource of practical solutions from the world's best financial minds.

In this bestselling work of spiritual advice, the beloved author shows how even our smallest daily actions can become stepping steps toward integrity. Drawing on the stories of his own congregants, on literature, current events and, above all, on the Biblical story of Jacob (the worldly trickster who evolves into a man of God), Rabbi Harold S. Kushner—author of *When Bad Things Happen to Good People*—addresses some of the most persistent dilemmas of the human condition: Why do decent people so often violate their moral standards? How can we pursue justice without giving in to the lure of revenge? How can we turn our relationships with family and friends into genuine sources of meaning? Persuasive and sympathetic, filled with humanity and warmth, *Living a Life That Matters* is a deeply rewarding book.

The author explores existential angst, dissatisfaction, and spiritual emptiness in this far-sighted guide to adjusting life's priorities and values.

How do you define “growing up”? Does it mean you achieve certain cultural benchmarks—a steady income, paying taxes, marriage, and children? Or does it mean leaving behind the expectations of others and growing into the person you were meant to be? If you find yourself in a career, place, relationship, or crisis you never foresaw and that seems at odds with your beliefs about who you are, it means your soul is calling on you to reexamine your path. With *Living an Examined Life*, James Hollis offers an essential guidebook for anyone at a crossroads in life Here this acclaimed author guides you through 21 areas for self-inquiry and growth—such as how to exorcise the ghosts of your past, when to choose meaning over happiness, how to construct a mature spirituality, and how to seize permission to be who you really are With his trademark eloquence and insight, Dr. Hollis offers a potent resource you'll return to time and again to energize and inspire you on your journey to create a life of personal authority, integrity, and fulfillment.

Recognizing that a child leaving home is a transitional event for both family and child, this roadmap is a compilation of many conversations the author had with his children, and a few he wishes he'd had. Believing your young adult years, your twenties, are filled with choices and decisions that will form the foundation for the rest of your life, the author provides a framework to better understand the choices that will increase your chances of discovering who you are and finding enduring happiness and satisfaction.

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