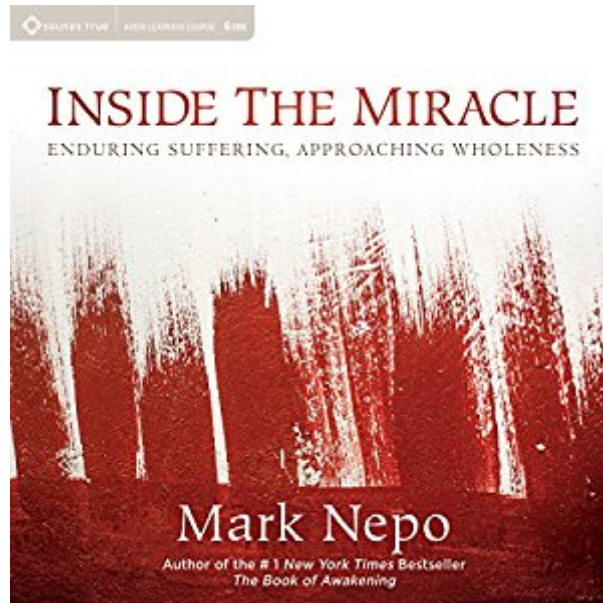


The book was found

# Inside The Miracle: Enduring Suffering, Approaching Wholeness



## Synopsis

An honest and illuminating resource for those struggling with a crisis of health, loss, or life change. Many are familiar with teacher and poet Mark Nepo's books on inner transformation, relationship, and the emergence of purpose in our lives. Less well-known is that in 1987 he was diagnosed with cancer, and the revelations during that time would inform every dimension of his work to follow. With *Inside the Miracle*, Mark Nepo shares what he discovered along this challenging terrain and the insights most essential to those of us who now find ourselves there. But these lessons and stories are for all of us, when the inevitable question arises: How do we move through an overwhelming crisis - whether from physical illness, grief, or a major life change - into the rest of our lives? This offering presents in its entirety Nepo's 1994 literary gem *Acre of Light*, written shortly after his recovery. Here, he expands and enriches its themes with new poems, essays, and teachings gathered in the decades since. Throughout, Mark includes compelling questions and exercises from his popular workshops in order to invite us to personalize the experience. What emerges is a companion to be explored in many ways: as a memoir, as a "survival kit" of wisdom and verse that helped Mark during his own journey, and as a conversation to spark our own contemplation, journaling, and discovery. An unabridged audiobook, read by the author.

## Book Information

Audible Audio Edition

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## Customer Reviews

I recently interviewed Mark Nepo for our Inspire Nation Show. What a special, special man, and incredible words of wisdom he shares. If you've ever been struggling through challenging times, then this is the book for you! He has learned so much from his own experiences, having cancer not once,

but twice, and shares from the heart, at a level that's incredibly revealing, vulnerable, and touching. When you share that deep, you hit universal chords in all of us. The experiences didn't make him bitter, but gave him profound insights into the human condition he does an amazing job at sharing with us all. In short, his book is incredibly inspiring! And such beautiful words. I can't think of a better read to get through the tough times, or be inspired to live now, today, in this perfect present moment. Mark's words and prose do an amazing job at uplifting our souls!

I have been a follower of Mark Nepo books for a long time. As with all his books this is a must read. It helps one to journey through suffering with one who has walked the walk. His words inspire hope and faith. He speaks truth. My husband was chronically ill for years. He experienced many miracles.

It is easy to lose your balance when teetering on the rim of death. Happily, poet and philosopher Mark Nepo was able to draw back from the precipice of despair and use his struggles with cancer to illuminate his relationships with life, with himself and others, and with what he calls the Ground of Being. He draws us into his story with insights so candid and words so lyrical and evocative, that we can resonate with the fragile essence of his humanity and perhaps view ourselves with more compassion and optimism. This book is a love song to life and a celebration of the human spirit.

Well worth it as Mark's poetic style and depth always give something to ponder. Thank you

He's just brilliant and finding the sacred in the ordinary, finding metaphors in nature for living and seeing the true connections we have to each other and all living things.

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