



How Then, Shall We Live?: Four Simple Questions That Reveal the Beauty and Meaning of Our Lives

Wayne Muller

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We all long to experience a sense of inner wholeness and guidance, but today's notions of healing and recovery too often keep us focused on our brokenness, on our deficiencies rather than our strengths. Wayne Muller's luminous new book gently guides us to the place where we are already perfect, already blessed with the wisdom we need to live a life of meaning, purpose and grace.

He starts, as do so many spiritual teachers, with simple questions: Who am I? What do I love? How shall I live, knowing I will die? What is my gift to the family of the earth? He then takes us deeper, exploring each question through transformative true stories. We meet men and women--Wayne's neighbors, friends, patients--who have discovered love, courage, and kindness even in the midst of sorrow and loss. And through them we glimpse that relentless spark of spiritual magic that burns within each of us.

Woven throughout are contemplations, daily practices, poems, and teachings from the great wisdom teachings. Page by page, we become more awake to the joy and mystery of this precious human life, and to the unique gifts every one of us has to offer the world.

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