



Seven Thousand Ways to Listen: Staying Close to What Is Sacred

Mark Nepo

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Mark Nepo moved and inspired millions of people with his #1 *New York Times* bestseller *The Book of Awakening*, a spiritual day book. Now, in this new exploration of the human journey, Nepo inquires into the endless ways life asks us to listen. Having experienced hearing loss, Nepo affirms that listening is one of the most mysterious, luminous, and challenging art forms: “Whatever difficulty you face, there are time-tried ways you can listen your way through. Because listening is the doorway to everything that matters.” Weaving together memoir and meditation exercises, Nepo offers many ways to listen to life and live more fully. A moving exploration of self, our relationship to others, and the world around us, this remarkable guide unpacks the many ways we are called to redefine ourselves and to name what is meaningful as we face life’s challenges.

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