



# The Endless Practice: Becoming Who You Were Born to Be

*Mark Nepo*

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## **The Endless Practice: Becoming Who You Were Born to Be** Mark Nepo

Poet, philosopher, and cancer survivor Mark Nepo has been breaking a path of 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 face life’s challenges—as well as its joys. Navigating some of the soul’s deepest, most ancient questions, he asks: How do we stay vital and buoyant amid the storms of life? What is the secret to coming alive? The soul’s journey is inevitable, and no matter where we go we can’t escape this foundational truth: *What’s in the way is the way*. 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 insights and stories, guidance and practice that will bring you closer to living life to the fullest.

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