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# Book Rediscovering Life Awaken To Reality

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Anthony de Mello - Rediscovery of Life: Awaken to Reality Anthony de Mello |  
Rediscovering Life: Awaken to Reality Anthony DeMello - Awareness/Wake Up To Life  
(Full Talk 1986) \"Rediscovering Life\" - SAM WAKE UP! - Anthony de Mello  
Rediscovery of Life - Anthony De Mello A Way to God for Today by Anthony de Mello  
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Cancer as a Wake-Up Call

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*Awaken To Reality* *by*

*OMB No.*

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**FINLEY LORELAI**

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**Rediscovering Life** Rediscovering Life  
"Wisdom from one of the greatest

spiritual masters of our time.”—James Martin, SJ, author of *Jesus: A Pilgrimage*  
 The heart of Anthony de Mello's bestselling spiritual message is awareness. Mixing Christian spirituality, Buddhist parables, Hindu breathing exercises, and psychological insight, de Mello's words of hope come together in *Awareness* in a grand synthesis. In short chapters for reading in quiet moments at home or at the office, he cajoles and challenges: We must leave this go-go-go world of illusion and become aware. And this only happens, he insists, by becoming alive to the needs and potential of others, whether at home or in the workplace. Here, then, is a masterful book of the spirit, challenging us to wake up in every aspect of our lives.

*The Sacred Romance* Fortress Press  
 PURPOSE AWAKENING --  
 Image  
 Christian Exercises in Eastern Form Truly a one-of-a-kind, how-to-do-it book, this small volume responds to a very real hunger for self-awareness and holistic living. It consists of a series of spiritual exercises for entering the contemplative state -- blending psychology, spiritual therapy, and practices from both Eastern and Western traditions. Anthony de Mello offers here an unparalleled approach to inner peace that brings the whole person to prayer -- body and soul, heart and mind, memory and imagination. In forty-seven exercises that teach things such as awareness of physical sensations, stillness, healing of hurtful memories, and consciousness of

self and world, de Mello succeeds in helping all who have ever experienced prayer as difficult, dull, or frustrating. The essential key, he notes, is to journey beyond mere thought-forms and discover satisfying new depths in prayer from the heart. This allows for a greater sense of awareness amid silence, and disposes the one who prays to untold riches, spiritual fulfillment, and ultimately, a mystical experience of God-centeredness. Drawing on Scripture, as well as insights from Eastern and Western spiritual masters, the author has a unique appeal that transcends time, culture, and religious background. For many years a bestseller in the English language, *Sadhana* has now been translated into more than two dozen foreign languages. Readers the

world over have eagerly received this sincere spiritual leader, who has led many toward the wealth of insight and spirit that dwells within them.

Purpose Awakening Hay House, Inc  
A companion to Anthony De Mello's all-time bestselling work of inspiration, *Awareness*. Anthony De Mello was one of the most important spiritual writers of the 20th century. Since his death in 1987, his stature has only increased. His books, including *Song of the Bird*, *Sadhana*, and the international bestselling *Awareness* are considered by many to be some of the most influential spiritual teachings of the last 50 years. Now, to commemorate the 25th anniversary of his passing, Image Books is proud to present what may very well prove to be the last published work of

this beloved spiritual teacher. Based on a lecture given just months before his death, *Rediscovering Life* invites us to unlock the deeper meaning of our lives. By becoming aware of the circuitous and habitual nature of our limiting thoughts, we can find simple solutions that will release us from feelings of isolation, anger, sadness and depression. In short, De Mello offers us a new way to look at the world and God that will transform our lives. *Rediscovering Life* is a timeless and compassionate book that will awaken you to the beauty of human experience and increase your ability to see God in all things.

### **WITHOUT RESERVATION**

North Atlantic Books

"How to unlock your most creative self"--

Love Without Conditions WaterBrook  
 "Smith's sage advice will aid Christians in recognizing the simple joys of practicing their faith."--Publishers Weekly  
 Western culture is in a tailspin, and Christian faith is entangled in it: we do kingdom things in empire ways. Western approaches to faith leave us feeling depressed, doubting, anxious, and burned out. We know something is wrong with the way we do faith and church in the West, but we're so steeped in it that we don't know where to begin to break old habits. Popular pastor and speaker Mandy Smith invites us to be unfettered from the deeply ingrained habits of Western culture so we can do kingdom things in kingdom ways again. She explores how we can be transformed by new postures and habits

that help us see God already at work in and around us. The way forward isn't more ideas, programs, and problem-solving but in Jesus's surprising invitation to the kingdom through childlikeness. Ultimately, rediscovering childlike habits is a way for us to remember how to be human. Unfettered helps us reimagine how to follow God with our whole selves again and join with God's mission in the world. Foreword by Walter Brueggemann.

### **THE DEVIL IS AFRAID OF ME**

Image

If you're feeling lost, disconnected, or longing for something more, join bestselling authors John Eldredge and Brent Curtis as they explore the greatest love of our lives: our faith. The Sacred

Romance invites us to find the peace and purpose we crave by slowing down, asking questions, and deepening our relationship with God. Eldredge and Curtis believe that modern Christians have lost touch with our hearts. We've left that essential part of ourselves behind in the pursuit of efficiency, success, and the busyness of our lives. The Sacred Romance will guide you through a journey to getting to know yourself and your creator even better, asking you: What is this restlessness and emptiness I feel, sometimes after years into my Christian journey? How will my spiritual life touch the rest of my life? What is it that is set so deeply in my heart, that simply will not leave me alone? When did I stop listening to God's leading? The Sacred Romance is a

journey of the heart. It is a journey full of intimacy, adventure, and beauty, that will guide you to your fondest memories, your greatest loves, your noblest achievements, and even your deepest hurts--but the reward is worth the risk.

**Call to Love** Destiny Image Publishers  
A companion to Anthony De Mello's all-time bestselling work of inspiration, *Awareness*. Anthony De Mello was one of the most important spiritual writers of the 20th century. Since his death in 1987, his stature has only increased. His books, including *Song of the Bird*, *Sadhana*, and the international bestselling *Awareness* are considered by many to be some of the most influential spiritual teachings of the last 50 years. Now, to commemorate the 25th anniversary of his passing, Image Books

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*Awaken* Image

A healthy and united America--perhaps a



country more united than it has ever been--is truly possible, and it starts with us. John Kingston draws on wisdom from history, science, faith, and culture, along with his own experiences, to offer eight principles for discovering purpose, meaning, and true community. We live in the greatest peace and prosperity that the world has ever known, but Americans are feeling more division, isolation, depression, and despair than ever before. These are issues of the soul. We seem unable to find purpose and meaning. We can't find "the life that is truly life"--a vibrant and purpose-filled way of living best experienced together. From his youth, Kingston has always carried a vision for a free and united America. With an approachable and conversational style, as well as a dash of

humor, Kingston draws on a diverse and compelling collection of wisdom--the parables of the Bible and the philosophy of Aristotle, the legacy of Nelson Mandela and the speeches of Abraham Lincoln, the songs of Bruce Springsteen and current studies from the best neuro and social scientists today--to remind us that there is no "them," there is only us, and we're in this together. In *American Awakening*, Kingston offers eight timeless principles for breaking through this darkness and despair and cultivating a radical togetherness, both here in this country and around the globe. You'll discover the profound impact of: In-person connection Making more from less Discovering purpose Redeeming adversity Responding instead of reacting Finding your unique sense of belonging

Wherever you find yourself politically or spiritually, a healthy and united America starts with you. Join the Awakening movement and let's rediscover who we are--together.

### **Waking Up in Paris** Penguin

Ashrams in Europe twenty-five hundred years ago? Greek philosophers studying in India? Meditation classes in ancient Rome? It sounds unbelievable, but it's historically true. Alexander the Great had an Indian guru. Pythagoras, Empedocles, and Plotinus all encouraged their students to meditate. Apollonius, the most famous Western sage of the first century c.e., visited both India and Egypt—and claimed that Egyptian wisdom was rooted in India. In *Lost Masters*, award-winning author Linda Johnsen, digging deep into classical

sources, uncovers evidence of astonishing similarities between some of the ancient Western world's greatest thinkers and India's yogis, including a belief in karma and reincarnation. Today ancient Greek philosophers are remembered as the founders of Western science and civilization. We've forgotten that for over a thousand years they were revered as sages, masters of spiritual wisdom. *Lost Masters* is an exploration of our long-lost Western spiritual heritage and the surprising insights it can offer us today.

### **The Lessons of Love** New World Library

Profound love is at the heart of this warm, compassionate collection of meditations by spiritual master Anthony de Mello -- a last inspiring gift to the

countless readers whose lives he touched.

*The Parables of Jesus* Random House  
“We can do nothing against you because you are too protected!” So declared a frustrated host of devils to Father Gabriele Amorth, the priest exorcist in Rome who spent thirty years battling the Devil and his minions by performing more than sixty thousand exorcisms. All the while, he deftly used modern media to awaken our disbelieving modern culture — and even the Church — to the reality of the Devil and his nefarious actions at all times and everywhere. In these eye-opening pages, angelologist Father Marcello Stanzione tells the fascinating story of Father Amorth and his life as an exorcist. You'll learn of his daily schedule and how he managed to

perform dozens of exorcisms each week. You'll find out what his exorcism room looked like, and how various devils responded to his bold practice. Best of all, you'll read Father Amorth's own startling explanations of many truths about the Devil that our culture has forgotten — and about the Lost Masters B&H Books

A New York Times-bestselling author looks for the meaning of a good life by seeking advice from the very young and the very old. When his first book tour ended, Brad Montague missed hearing other people's stories so much that he launched what he dubbed a Listening Tour. First visiting elementary schools and later also nursing homes and retirement communities, he hoped to glean new wisdom as to how he might

become a better grownup. Now, in this playful and buoyant book, he shares those insights with rest of us --timeless, often surprising lessons that bypass the head we're always stuck in, and go straight to the heart we sometimes forget. Each of the book's three sections begins with the illustrated story of "The Incredible Floating Girl." Brad weaves this story together with lessons of success, fear, regret, gratitude, love, happiness, and dreams to reveal the true reason we are here: to fly, and to help others fly. Beautifully designed and featuring Montague's own whimsical 4-color illustrations that appeal to the kid in all of us, *Becoming Better Grownups* shares the purpose and meaning we can all discover merely by listening, and reveals that--in a world that seems

increasingly childish--the secret to joy is in fact to become more childlike.

### **American Awakening** Image

Stop hitting the spiritual snooze button. Would you describe your walk with God as fresh and exciting? Would you describe your spiritual life as vibrant and passionate? If not, would you like these attributes to be the norm in your everyday relationship with God? Are you ready to experience an awakening? Awakening helps you stir up your slumbering soul. You'll discover how to break out of your season of dryness or get off to a great start either in the New Year or the next season in life. Take your faith-walk from a "going through the motions" or "have to" mindset to the stimulating, fresh "want to" experience of enjoying God's presence—24/7.

Weems encourages you to surrender fully, to discover the right kind of fuel for the journey, and to learn a new way to pray and fast. This lifestyle is not based on rules or religion, but on a deep, satisfying, motivating relationship with God. Included in *Awakening* is a 21-Day Plan that will guide you through the principles that ensure a lasting, fresh relationship with God—even in a world where everything quickly becomes stale. “It’s time to wake up and put an end to spiritual sluggishness! I promise this year will be the best of your life if it is your best year spiritually.” – Stovall Weems

**Awareness** Thomas Nelson

*The Way to Love* contains some of the most beloved stories from Anthony de Mello. Here, more than ever before in his

bestselling writing, he grapples with the ultimate question of love. In thirty-one meditations, he implores his readers with his usual pithiness to break through illusion, the great obstacle to love. “Love springs from awareness,” de Mello insists, saying that it is only when we see the other as he or she really is that we begin to love. The second act of love, he says, is seeing ourselves without illusion—without the coercive nature of our needs, desires, memories, prejudices, and projections. If these steps are taken, then love will steal upon a person or into a relationship. But the task is not easy. “The most painful act the human can perform,” de Mello says, “is the act of seeing. It is in that act of seeing that love is born.”

*The Way to Love* Sophia Institute Press

In *Rediscovering the Kingdom*, Myles Munroe challenges all Christians to examine their ideologies and concepts. This 40-day journal and study guide will guide you through this book of wonderful self discovery and help you to put the concepts you learn into practice. Discover a whole new world: Use the questions to examine your current ideologies. Use the applications to retrain your daily walk. Use the meditations to change your worldview. This journal is designed to check both heart and mind as they bring Kingdom principles to bear in our daily walk. The philosophy of the Kingdom is made possible through the exercises and meditations, useful for self-study or in a group. Exposure to the ideologies is just the beginning---watch out for a new

world of reality ahead.

*Life Interrupted* Westminster John Knox Press

The incredible book from Jesus calling us to awaken to our own Christhood. Rarely has any book conveyed the teachings of the master in such a simple but profound manner. This book will help you to bring your understanding from the head to the heart so that you can model the teachings of love and forgiveness in your daily life.

*Rediscovering the Kingdom Daily Devotional Journal* Quest Books

In an awakened life, our hearts are open, steady and purposeful. Most people today have a greater income, as well as more goods and labour - saving devices, than any other generation in history. Yet stress, discontent, personal and social

problems abound. Drawing on the deepest discoveries of the Buddhist tradition, well-known retreat master, Christopher Titmuss, suggests we spend far too much time in superficial preoccupations and not enough in looking deeply into things. He urges us to fearlessly transform the forces of desire and dissatisfaction that haunt our daily lives - and to awaken to the Immeasurable. Inspired by the 20th Century classic, *Zen Mind, Beginner's mind*, he gives practical advice on such subjects as: understanding our feelings, taking risks, becoming more detached and rediscovering our true selves. And he shows us how to have free, fulfilled and uninhibited lives amidst the frenzy of everyday activity.

## **SADHANA**

Zondervan

"Every one of these stories is about YOU." --Anthony de Mello Everyone loves stories; and in this book the bestselling author of *Sadhana: A Way to God* shares 124 stories and parables from a variety of traditions both ancient and modern. Each story resonates with life lessons that can teach us inescapable truths about ourselves and our world. De Mello's international acclaim rests on his unique approach to contemplation and ability to heighten self-awareness and self-discovery. His is a holistic approach, and in the words of one reviewer: "his mysticism cuts across all times and peoples and is truly a universal invitation." *The Song of the Bird* uses the

familiar yet enduring medium of the story to illustrate profound realities that bring us in touch with the problems and concerns of daily life, as well as with our common spiritual quest. The aim is to develop the art of tasting and feeling the message of each story to the point that we are transformed. "Let the story speak to your heart, not to your brain," the author directs. "This may make something of a mystic out of you." Enhanced by lovely ink drawings, this is indeed a volume to treasure, to share, and to read many times over, for it is everyone's best companion on the road to spiritual growth.

*The Spiritual DNA of a Church on Mission*  
Image

An oncologist's integrative path to treating and living better with or beyond

cancer Dr. M. Laura Nasi presents a new way of looking at how we view and treat cancer. With current advances in medicine, we're learning more about the ways different aspects of our lives and health impact and interact with one another—why does one long-term smoker get diagnosed with stage-4 lung cancer while another remains cancer-free? Why does someone exposed to a known carcinogen get sick while someone else is apparently immune? What seemingly unrelated factors end up playing key roles in disease etiology, progression, and prognosis? In this well-researched, inspiring, and easy-to-read guide, Dr. Nasi offers an integrative, whole-person approach to cancer, and explains how it is a systemic disease manifesting a global condition locally.



Conventional medicine focuses on attacking malignant cells. Integrative medicine encourages chemo and radiation when necessary, while also focusing on a patient's internal balance to help halt the disease. Nasi draws on the latest research on the PNIE (psycho-neuro-immuno-endocrine) network to

help our systems recognize, repair, or eliminate the cancer cells, focusing on nutrition, stress management, exercise, adequate sleep, healthy relationships, and other body/mind/spirit modalities. Dr. Nasi encourages patients to become empowered agents of their own care.

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