



## The Exquisite Risk: Daring to Live an Authentic Life

By Mark Nepo

Download now

Read Online 

### The Exquisite Risk: Daring to Live an Authentic Life By Mark Nepo

In these fast-paced times, the exquisite risk facing each of us every day is to slow down and “still our own house” so that we may experience life rather than simply manage it. In *The Exquisite Risk*, poet and teacher Mark Nepo encourages readers to become quiet enough and open enough to listen to what truly matters—our own hearts, our loved ones, the wonders of nature—in order to live a life with nothing held back. In rich, lyrical prose, Nepo shares his own spiritual path, including a battle with illness that helped him understand how only by daring to embrace all that life has to offer can we come to a deeper appreciation of its meaning and beauty.

In the spirit of works by Deepak Chopra and Ram Dass, *The Exquisite Risk* unfolds in chapters like “The Struggle to Be Real,” “There Are Teachers Everywhere,” “The Rhythm of Kindness,” and “The Gift of Surprise,” offering fresh perspective on the art of being alive and providing essential insight into how we can minimize what stands between us and our experience of life.

*From the Hardcover edition.*

 [Download The Exquisite Risk: Daring to Live an Authentic Li ...pdf](#)

 [Read Online The Exquisite Risk: Daring to Live an Authentic ...pdf](#)

# The Exquisite Risk: Daring to Live an Authentic Life

By Mark Nepo

## The Exquisite Risk: Daring to Live an Authentic Life By Mark Nepo

In these fast-paced times, the exquisite risk facing each of us every day is to slow down and “still our own house” so that we may experience life rather than simply manage it. In *The Exquisite Risk*, poet and teacher Mark Nepo encourages readers to become quiet enough and open enough to listen to what truly matters—our own hearts, our loved ones, the wonders of nature—in order to live a life with nothing held back. In rich, lyrical prose, Nepo shares his own spiritual path, including a battle with illness that helped him understand how only by daring to embrace all that life has to offer can we come to a deeper appreciation of its meaning and beauty.

In the spirit of works by Deepak Chopra and Ram Dass, *The Exquisite Risk* unfolds in chapters like “The Struggle to Be Real,” “There Are Teachers Everywhere,” “The Rhythm of Kindness,” and “The Gift of Surprise,” offering fresh perspective on the art of being alive and providing essential insight into how we can minimize what stands between us and our experience of life.

*From the Hardcover edition.*

## The Exquisite Risk: Daring to Live an Authentic Life By Mark Nepo Bibliography

- Sales Rank: #78892 in Books
- Brand: Unknown
- Published on: 2006-02-28
- Released on: 2006-02-28
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .69" w x 5.20" l, .55 pounds
- Binding: Paperback
- 304 pages

 [Download The Exquisite Risk: Daring to Live an Authentic Li ...pdf](#)

 [Read Online The Exquisite Risk: Daring to Live an Authentic ...pdf](#)

## Editorial Review

From Publishers Weekly

Books concerning spiritual awakening after a near-death experience tend naturally to be self-centered, and Nepo's book is no exception. The 53-year-old writer and motivational speaker (*The Book of Awakening*) suffered from cancer, which he survived with the help of his wife of 20 years. While undergoing treatment, he refused to allow panic to influence his decisions, thus avoiding some radical and dangerous procedures, which threatened his life almost as much as the disease itself. In this memoir, the poet elaborates upon his difficult journey, offering sage advice gleaned from incidental experiences and the work of other spiritual leaders. Clearly, Nepo is a sensitive observer, but his prose tends toward gauzy, inflated metaphors and long, self-flattering passages. Remembering the time a dentist gave him a root canal, for example, Nepo writes, "Though his eyes were intent on the thin canals inside my tooth, I saw behind his focus to his soft place. It was there that we'd known each other deeply, though we'd never met." Elsewhere, he instructs readers that, "like a stone rippling in a lake, the heart of our being dropped softly into any moment will ripple us into the mystery of everything," and declares, "I was born to say what my father couldn't, to face what he's turned from." The transformational saga of Nepo's cancer treatment does indeed highlight the wonders of life and human relations, but Nepo's convoluted writing doesn't do justice to his painful, joyful reality. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Review

"Once again, Mark Nepo draws us to the heart of what matters. He illuminates love with the light of his own understanding." —Marianne Williamson

"*The Exquisite Risk* is a celebration of an honest life, lived on purpose. Mark Nepo's words, like water on a stone, gently but firmly score a path for us to follow, a path that leads us into the place of remembering what a life is for; an invitation to tell the truth, remain close to the earth, and love well. What, more than this, can we ever ask of a book as our companion?" —Wayne Muller, author of *Learning to Pray, Sabbath, and How, Then, Shall We Live?*

"Every page of *The Exquisite Risk* is alive with Mark's compassion, rich with his soulfulness. If you are looking for one of those rare books that offer companionship on the journey, you will find none better than this." —Parker J. Palmer, author of *A Hidden Wholeness, The Courage to Teach, and Let Your Life Speak*

"An inspiration . . . *The Exquisite Risk* affirms that there are essentially two responses to life—a risky opening up to love and a controlling move into success and isolation. The direct reporting of Mark Nepo's epiphanies moves and flows in a wonderful sequencing of revelations that deepen and fill out as we read. . . . An exquisite gift." —Robert Inchausti, author of *The Ignorant Perfection of Ordinary People*

*From the Hardcover edition.*

From the Inside Flap

In these fast-paced times, the exquisite risk facing each of us every day is to slow down and "still our own house" so that we may experience life rather than simply manage it. In "The Exquisite Risk, poet and teacher Mark Nepo encourages readers to become quiet enough and open enough to listen to what truly matters--our own hearts, our loved ones, the wonders of nature--in order to live a life with nothing held back. In rich, lyrical prose, Nepo shares his own spiritual path, including a battle with illness that helped him understand

how only by daring to embrace all that life has to offer can we come to a deeper appreciation of its meaning and beauty.

In the spirit of works by Deepak Chopra and Ram Dass, "The Exquisite Risk unfolds in chapters like "The Struggle to Be Real," "There Are Teachers Everywhere," "The Rhythm of Kindness," and "The Gift of Surprise," offering fresh perspective on the art of being alive and providing essential insight into how we can minimize what stands between us and our experience of life.

"From the Hardcover edition.

## **Users Review**

### **From reader reviews:**

#### **Consuelo Collier:**

What do you think about book? It is just for students as they are still students or the idea for all people in the world, the actual best subject for that? Just you can be answered for that concern above. Every person has several personality and hobby for every other. Don't to be forced someone or something that they don't would like do that. You must know how great in addition to important the book *The Exquisite Risk: Daring to Live an Authentic Life*. All type of book is it possible to see on many resources. You can look for the internet sources or other social media.

#### **Drew Poland:**

*The Exquisite Risk: Daring to Live an Authentic Life* can be one of your beginning books that are good idea. All of us recommend that straight away because this publication has good vocabulary that can increase your knowledge in language, easy to understand, bit entertaining but still delivering the information. The article writer giving his/her effort to put every word into pleasure arrangement in writing *The Exquisite Risk: Daring to Live an Authentic Life* although doesn't forget the main point, giving the reader the hottest and based confirm resource details that maybe you can be one of it. This great information could drawn you into brand new stage of crucial pondering.

#### **Elsie Fiala:**

That guide can make you to feel relax. This particular book *The Exquisite Risk: Daring to Live an Authentic Life* was multi-colored and of course has pictures on there. As we know that book *The Exquisite Risk: Daring to Live an Authentic Life* has many kinds or variety. Start from kids until young adults. For example *Naruto* or *Detective Conan* you can read and think you are the character on there. So , not at all of book are usually make you bored, any it can make you feel happy, fun and chill out. Try to choose the best book for you personally and try to like reading in which.

#### **Patsy Phan:**

A lot of reserve has printed but it is different. You can get it by net on social media. You can choose the top book for you, science, comedy, novel, or whatever by simply searching from it. It is known as of book *The*

Exquisite Risk: Daring to Live an Authentic Life. You can add your knowledge by it. Without causing the printed book, it could possibly add your knowledge and make anyone happier to read. It is most important that, you must aware about e-book. It can bring you from one destination for a other place.

**Download and Read Online The Exquisite Risk: Daring to Live an Authentic Life By Mark Nepo #8DZUWN30RBF**

## **Read The Exquisite Risk: Daring to Live an Authentic Life By Mark Nepo for online ebook**

The Exquisite Risk: Daring to Live an Authentic Life By Mark Nepo Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Exquisite Risk: Daring to Live an Authentic Life By Mark Nepo books to read online.

### **Online The Exquisite Risk: Daring to Live an Authentic Life By Mark Nepo ebook PDF download**

**The Exquisite Risk: Daring to Live an Authentic Life By Mark Nepo Doc**

**The Exquisite Risk: Daring to Live an Authentic Life By Mark Nepo Mobipocket**

**The Exquisite Risk: Daring to Live an Authentic Life By Mark Nepo EPub**