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EMPOWERMENT



11:11 Talk Radio
Tuesday at 8 AM Pacific
July 18th 2016: Mark Nepo: The One Life We Are Given

Nepo serves as a guide in how to get closer to what matters and how to inhabit each minute of the life we're given. An insightful companion, the book unfolds how to feel deeply while taking off our armor against the fear of being hurt or failing. Nepo shows how to work with fear and how to get up when we're knocked down, whether by illness, betrayal, grief, or job loss. He discusses the difficult pull of regret and the art of acceptance, through which we can discern our path and confirm our strength, self-awareness, and compassion. Living with an open heart, even when we are broken, we can be

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Featured Guest

Guest Image

Mark Nepo

Mark has been called "one of the finest spiritual guides of our time," "a consummate storyteller," and "an eloquent spiritual teacher."

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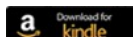
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