

“*Awakening to Awe* is an intelligent and inspiring call to revive a sense of mystery. Kirk J. Schneider draws on the very best of psychological and spiritual thinkers and in plain language shows ways to reinvent this society spiritually. His ideas and style are perfectly suited to this all-important theme.”

—THOMAS MOORE, AUTHOR OF *CARE OF THE SOUL* AND *WRITING IN THE SAND*

“A wonder/full book; highly original. Kirk Schneider shows us, in the experience of awe, the bridge that connects philosophy, psychology, and spiritual practice. At one and the same time, he provides us a key to a new kind of therapy and points us back to the classical notion that philosophy and authentic religion begins in wonder.”

—SAM KEEN, AUTHOR OF *APOLOGY FOR WONDER* AND *FIRE IN THE BELLY*

“An inspiring and refreshing new concept through which to understand and appreciate life’s mysteries and to unleash aliveness; Schneider’s guide to ‘awakening to awe’ offers meaningful psychological theory and sensible real-life examples of applying an ‘awe’ perspective to aging, recovery from drug abuse, and all aspects of everyday life. Readers will truly enjoy and be uplifted by the journey with Schneider as they embrace this new positive lens and make their own list of awesome experiences—from art, music, sport, nature, relationships—to uncovering humor, surprise, emotion, and vastness of appreciation in life.”

—JUDY KURIANSKY, PH.D., ADJUNCT FACULTY, COLUMBIA UNIVERSITY AND
AUTHOR OF *THE COMPLETE IDIOT’S GUIDE TO A HEALTHY RELATIONSHIP*

“A call from a master existentialist for the reinstatement of awe in daily living. We had it at birth; it will be with us at the hour of our death, if we could just open ourselves to it. Meanwhile, he reminds us, life still remains at once the great problem and the great mystery.”

—EUGENE TAYLOR, PH.D., WILLIAM JAMES SCHOLAR
AND AUTHOR OF *SHADOW CULTURE*

Awakening to Awe is a self-help meditation on an alternative—and growing—spiritual movement. This is a movement comprised of people who refuse the “quick-fix” model for healing, whether that model entails popping pills or adhering to doctrinal dogmas. As the testimonies in this book show, awakening to awe can profoundly transform lives.

KIRK J. SCHNEIDER, Ph.D., is a licensed psychologist and leading spokesperson for humanistic psychology. He is the author of eight books, current editor of the *Journal of Humanistic Psychology*, adjunct faculty at Saybrook Graduate School, and vice president of the Existential-Humanistic Institute.

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PERSONAL STORIES OF PROFOUND
TRANSFORMATION