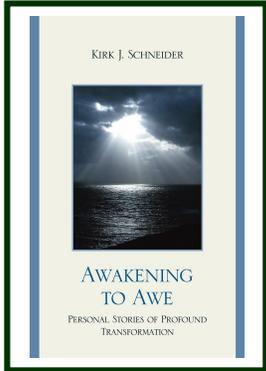




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Awakening to Awe

Personal Stories of Profound Transformation

By Kirk J. Schneider, PhD

“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, PhD, author of *The Mystery of Personality: A History of Dynamic Systems* (Springer, 2009)**

“*Awakening to Awe* is an intelligent and inspiring call to revive a sense of mystery. Kirk Schneider draws on the very best of psychological and spiritual thinkers and in plain language shows ways to re-invent 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***

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, indulging in material comforts, or adhering to doctrinal dogmas. By contrast, the movement about which Schneider writes is composed of people who have developed the capacity to experience the humility and wonder, or in short, awe, of life deeply lived.

In particular, this book highlights the stories of people who through the cultivation of awe have transformed their lives. For example, readers will discover how awe transformed the life of an ex-gang member into a beloved and productive gang mediator, an ex-drug addict into a communally conscious healer, and a sufferer of stage three cancer into a contemplative and spiritual seeker. The book will also inform readers about the challenges and joys of awe-based child-raising, education, humor, political activism, and aging. Drawing on the philosophy of Schneider's earlier work, the acclaimed *Rediscovery of Awe*, *Awakening to Awe* tells the down-to-earth stories of a quiet yet emerging revolution in the transformation of lives.

ABOUT THE AUTHOR

Kirk 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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