



Finding Your Way in a Wild New World: Reclaim Your True Nature to Create the Life You Wa

Martha N. Beck

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Finding Your Way in a Wild New World reveals a remarkable path to the most important discovery you can make: the knowledge of what you should be doing with your one wild and precious life. It's the thing that so fulfills you that, if you knew what it was, you'd run straight toward it through brambles and fire. Life coach and bestselling author of *Finding Your Own North Star* Martha Beck guides you to find out how you got to where you are now and what you should do next, with clear instructions on tapping into the deep, wordless knowledge you carry in your body and soul.

You probably have sensed that you have a higher calling and a quiet power that could change the world—you lack only the tools. With her sparkling prose, Beck draws from ancient wisdom and modern science to help you consciously tap into that power and develop those tools for transformation. You'll also find your inner identity and your external “tribe” of like-minded people, experience the spark of inspiration, and take action to make a lasting impact on the world.

Compassionate and inspirational, *Finding Your Way in a Wild New World* is a revolutionary journey of self-discovery that leads to miraculous change.

Finding Your Way in a Wild New World: Reclaim Your True Nature to Create the Life You Wa Details

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From Reader Review Finding Your Way in a Wild New World: Reclaim Your True Nature to Create the Life You Want for online ebook

Alison Gresik says

I adore Martha Beck and her mix of pragmatic, spiritual advice on living your right life, along with her goofy prose style and her wonderful stories. This book chronicles the time she has spent at Londolozi, a natural game preserve in South Africa, and what the animals have taught her about how to serve and thrive in a world that is changing at a bewildering pace. I will be re-reading this book and deep-practicing what it teaches all year. If you read it and it connects with you, let me know!

Meredith Holley says

This is my favorite Martha Beck book so far. I haven't read the Adam one, but you guys! This one teaches you how to be a horse whisperer and how to bend spoons! Here are my spoons that I bent:

So, that was awesome. You use your hands to bend spoons, but you can't bend them before you meditate on them, so it's still pretty magic.

She's also kind of sold me on this idea of doing green smoothies, I'm sorry to tell you. I haven't gone there yet though.

Martha Beck is so awesome. <3

LemontreeLime says

okay. Now I have been reading Martha's writing for years. And I had been seeing a trend in her books, leaning towards personal embracing of ... well, the entire world, really. So this book is not a surprise or a shock to me. And I still trust her judgement implicitly, mostly due to my sharing her sense of ironic and irreverent humor, and as long as her jokes border on twisted and make me laugh I figure she's alright. Actually I suspect she's better than alright, I suspect she's experiencing the kind of life most of us can't even begin to imagine. That level of joy and happiness is clearly visible in her writing as well, it sort of pours out of the pages. And perhaps that's the take-away, can you imagine your best life? and if you could, what would it take to pursue that? And if you pursued that, would you be brave enough to actually enjoy yourself?

My advice is, if you pick up this book, read it all the way through without judgement. I know, I know, as a midwesterner I understand the knee jerk reaction to anything that smacks of 'woo-woo'. However, I do trust this lady's goals and ideas, and if she feels strongly about trying something, she wouldn't steer you wrong. See if her ideas can work for you.

Valorie Hallinan says

I tried to like this book, but I did not. Just a little too out there for me and I found her writing style annoying, though I agree with her basic sentiments. The author glosses over just how difficult it is to forge a path of one's own in terms of career and life work. It would be a good thing if we could all do this, but the world is more complex than that, and many people who try fall through the cracks. I found her stories about "coincidences" with animals and bent spoons, etc, hard to believe, not credible, and not interesting. I suppose I am not on the "Team" as she terms it; there are more sophisticated, realistic, and better written books out there about this topic.

Quincy says

From The Daily Muse:

Now, bear with me: Although not directly business-related, Oprah's life coach, Martha Beck, provides some crazy-challenging personal inquiry in her latest book that will speak directly to your inner entrepreneur. If you approach this with the idea of outing your real and passionate business self, you're going to get rather serious rather quickly about what you'd actually like to do to make money. If you're a somewhat New-Agey-hippie masquerading as a yuppie, so much the better: The spiritual and self-help aspects of this book will speak directly to your soul. If you're not, give it a try anyway—you may be surprised how pragmatic these tools are.

Favorite Takeaway: Beck continuously revisits the questions, "How the hell did I get here? What the hell should I do now?" throughout this book. If you've ever asked yourself some variation of these questions, you'll get to dig deeper by trekking with her through Londolozi (the African game reserve where Nelson Mandela stayed upon his release from jail over 20 years ago) on a miraculous quest for inspiration and change.

<http://www.thedailymuse.com/entrepren...>

KJ Grow says

I can't. Had to give this up halfway through. I'm an admitted self-junkie and have a high woo-woo threshold, but this book gave me the rage. It's rooted in worthy concepts like mindfulness and universal connection, but framed in such a way I found unpalatable. There are some gems in here but you have to wade through a swamp of murky poo to find them.

Elizabeth says

New Release December 27, 2011

“When the student is ready, the teacher will appear” is a truth that will manifest itself over and over as this exciting new book is read and shared and read again. The number of markers and underlines and margin notes in my preview copy are testaments to the fact I was ready. I devoured it and now am going back to start practicing the many exercises. The book’s purpose is to help you more clearly identify “what you should be doing with your one wild and precious life.”

The author, Martha Beck, has outstanding educational and life experience credentials for writing this book. It is both a sharing of her own life journey as well as a manifesto for anyone ready to embrace their own best life. With a B.A. in East Asian Studies and master’s and Ph.D. degrees in sociology from Harvard University, Beck is a trained observer and analyst. Her coaching specialty is helping people design satisfying and meaningful life experiences. She first got on my radar screen as a columnist for Oprah Magazine, where I am regularly impressed with her no-nonsense, delightfully humorous approach to issues about life’s questions, fears, and psychological roadblocks.

I recently read Beck’s bestselling book *Expecting Adam*, the story of her 1987-88 pregnancy and giving birth to a Downs syndrome child (new edition in 2011). Its subtitle is “A True Story of Birth, Rebirth, and Everyday Magic.” The unabashed revelation of her own fears, neuroses, and personal/professional challenges at the time was both heart-wrenching and inspiring. Martha has known and overcome tragedy, sadness, and self-limiting thoughts. She is an excellent guide for empowering others to overcome their own life issues. *Finding Your Way in a Wild New World* is her ultimate guidebook, the best of her teaching and philosophy in one zinger of a book.

Finding Your Way in a Wild New World is not going to resonate with everyone. Some will dismiss it as just another pop cultural self-help book. Others will use terms like “woo-woo” and “New Age nonsense.” They’d be selling it short. I am a devout Christian with an insatiable curiosity and open mind about spirituality and human potential. This book was filled with research-based findings on the power of our connectedness with each other and with all living things in nature (flora and fauna), and I believe people of any faith will find it enriches, rather than contradicts, their core beliefs.

Beck includes many practical exercises for each section of her book, all designed to exercise the parts of our brain that we don’t use enough, to train ourselves to focus our attention, and to tap into the energy that is mostly likely to allow us to find and cultivate our own best selves. They’re designed to get us out of our mental ruts!

Here are some hints that this book might be perfect for you right now:

- If you feel a yearning that you can’t identify or suppress.
- If you feel the need for clarity and purpose in your life.
- If you’re afraid to do things that you think you’d love to do.
- If wild success and abysmal failure both scare you.
- If you feel fragmented with no clear focus in your life.
- If your wild fantasies seem impossible but won’t let you go.
- If you feel you’re about to explode with possibilities and potential but can’t grab on to that one thing that feels just right.
- If you suspect your self-talk is holding you back.
- If you feel like you’re bumping your head against one obstacle after another but you’re certain there’s something better on the other side.
- If you feel the world is changing so fast you can’t keep up.
- If you feel stuck and unproductive.

- If you feel in need of emotional healing before you can move on to your real purpose of healing others.
- If you desperately want to make a difference with the rest of your life but don't know what on earth you that might "look like."

If any one of these rings true, you owe it to yourself to read this book. There is a generous excerpt available for free on Amazon. If it doesn't grab you by the time you finish reading those pages, either the book is not for you or the timing is not right in your life.

If the timing is right for you, you'll gain clarity, focus, and powerful tools for living abundantly in the best sense of the word.

Katie says

Martha Beck is a sociologist, writer, life coach, and regular columnist in O, the Oprah Magazine. I've always enjoyed her writing and point-of-view, and was happy to take this book (published in Jan/12) along with me on my trip to Ecuador in March. There, I had the time and space to take in its message – perfect – as the book is about creating in ourselves the time, space, and attention that helps us 1) understand the kind of life we want, and 2) achieve our "true nature".

Beck offers up four tools for "transformation": #1. "Wordlessness" – the skill of clearing your mind of the clutter and noise that distracts you from what it is that you really think, feel, want, and need; #2. "Oneness" – how to relax into the idea that you are connected to other living beings, human and beast; #3. "Imagination" – allowing you to think beyond the usual and envision what you really want; and #4. "Creation" – helping you create what you previously have only imagined. I really enjoyed this book and have peppered my copy with Post-It note flags to mark quotes and passages that I found particularly interesting. There are a few bits that are a little 'out there', but I don't disbelieve a word she writes. If you're prone to scepticism, grab a grain of salt and try the book on for size as it offers many highly useful ideas and exercises ("Wordlessness" is one of the best tools I've come across for being present, connected, and calm).

Mary Welty-dapkus says

Martha Beck is a genius and she has done it again. Now, I will admit. I'm partial. I am a certified Martha Beck Life Coach and I have read all of her books. The first one I read was Finding Adam and it is still my favorite. Now, saying you have a favorite Martha Beck book is like saying you have a favorite child. All of Martha's books are wise and witty, sage and sarcastic, insightful and irreverent. This book is a map, your own inner GPS for connecting to our primal yet universal way of being human. Martha brilliantly outlines what she calls the 'four technologies of magic' and walks us page by page and chapter by chapter guiding us through this wild new world. I won't say what the four technologies of magic are...you'll have to read to find out that wonderful paradox for yourself. An essential tool for soul-fully navigating this brave, new world.

Jo Self says

I never get tired of Martha Beck. Her down to earth, witty style makes her extraordinary subject matter sound not so crazy. I have read and followed her for several books and years. She started out a skeptic and continues, through her own testing and life experience, to carve out a compelling path to an unexpected and fulfilled life for herself and to beckon us to come along for the ride.

If you want to believe what she is saying but just can't quite go so far "out there" as she is, I encourage you to start your journey with one of her earlier books. *The Joy Diet* and *Steering By Starlight* are my 2 favorites, but I have enjoyed them all.

Laurie says

Martha's writing consistently cracks me up, no matter the topic. Here she takes on saving the world, one leopard at a time. I don't know that I will make it to safari in Africa (which she uses as a frame for her content) but I can certainly practice her advice on being present, connected, imaginative, and playful at home. She can't write books fast enough for me.

Katya says

I checked it out from the library but this is the kind of book I would like to own and go back to over and over. First of all it touches upon so many useful, thought-provoking things one reading is not enough to fully grasp them. But then there's also the matter of how it makes you feel. *Finding Your Way* will never fail to lift you up from despair and make you look at things from a new, more positive angle. If you are in a difficult life situation or under a lot of stress, reading sections of this book is like taking a medicine that, while won't address the cause, will elevate the symptoms. It was my feel-good read for a couple of weeks, when I needed something to hold on to.

As far as its usefulness, it doesn't exactly tell you how to "find your way", but it sets you in the right direction. It gives you the idea, the tools, examples but you gotta do your own work. I did roll my eyes when reading some of the examples but then again maybe mastering spoon-bending is not the key point, or I'm not much into animals and the whole "calling-to-them" process left me indifferent. Yet I did learn a lot of interesting, new to me things and came to fresh conclusions as I was reading it, so the time I spent with the book was not wasted. What's more, Martha Beck is an extremely talented, genuine, down-to-earth and pretense-free writer. Her writing is NOT boring (unlike so many non-fiction books that put you to sleep without a solid plot to chug along with); it never gets too scientific, or monotonous or unnecessarily repetitive. It kept me interested through the end, it repeatedly sent me online to check out this or that phenomenon or person she mentioned. And certain sections kept my whole body swaying in agreement with the words of wisdom that Martha so generously shared with her readers.

Julie says

This book came into my life at just the right time and brought together many threads that I've been aware of and dabbling with for several years now. It's sometimes laugh-out-loud funny, full of magic moments and practices to cultivate our innate gifts of perception and connection. Martha Beck is a gifted and fearless writer, and her message is critical for our time, as we struggle to find a balance between our highly industrialized way of life and the deeper mysteries of the living world. I can't recommend it highly enough to anyone who is trying to find a positive, inspired way forward through the confusion of our times.

Carolyn Hill says

Martha Beck is a joy to read. She knows how to get her message across through entertaining stories, and she has a mine of amazing experiences from her own life and those she has coached to draw from. As well as being insightful, spiritually attuned, and hilarious, she so much wants to help others find their right lives and express their true natures, and gives practices and guidance to enable them to do so. That is what she is here to do, she believes, as well as a little thing like save the planet. While this may sound like a laughable answer from a Miss Universe contestant, she has found that while she once believed in a doomed future, she now has discovered hope for a Wild New World. Her experiences are hard-won, from years of personal suffering, intensive study, and deep practice. She has a gift of awareness that seems magical to those of us who can only wish to be so connected. Yet she insists that each of us can start living lives where the magical becomes commonplace. She explores the four technologies of magic: wordlessness, oneness, imagination, and forming, and states that we are at a unique place and time where we cannot only use the technologies of magic, but the magic of technology to share our art, make connections, and affect more people in a way never before possible. I quickly devoured this book in my first reading and now intend to go back and put into practice her suggestions. There is much to be digested here. If you feel that you may have some kind of calling, to be a 'wayfinder' or 'mender' as Martha terms it, but you are uncertain of what or how, you can find guidance in this book. You will quickly determine if you are on her 'team' or not; either it will totally put you off or you'll be saying, 'yeah yeah yeah.' The hardest part for us verbal concrete types is to attain the consciousness of wordlessness and oneness, but it's integral to making anything of this book. I'm trying to practice, but I haven't bent any spoons yet.

Graham Sharpe says

Have you ever noticed how some people make money doing the things they love? For some people work feels like play and without much effort they earn a great living whilst feeling satisfied and fulfilled. Well, in a nutshell, this book tells you how to become one of those people. I've read similar books over the years, but the voice inside my head that says, "You have to struggle and work hard if you want to succeed," is loud and persistent, and so I often forget there is an easier way. Finding Your Way In A Wild New World is timely and relevant because Martha gives us strategies to deal with 21st Century changes. She reminds us that technology is reshaping our reality at an unimagined pace ('your job or your whole profession may be fading into the mists of history'). Martha describes her strategies as Magic and unfortunately that word may put some people off. Don't let it put you off. Then again, if you don't believe in intuition and instinct and the relevance of so-called coincidences then this probably isn't for you. I loved every word. There's another dimension to this book and it involves connecting with other like-minded people, joining the Team and helping to save the world. I know this may sound bonkers but when you read the book it will all make

perfect sense. Martha's style is totally unpretentious and strangely inspiring.
