



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

*Mark Nepo*

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

Date : Published February 28th 2006 by Harmony (first published February 15th 2005)

ISBN : 9780307335845

Author : Mark Nepo

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## **From Reader Review The Exquisite Risk: Daring to Live an Authentic Life for online ebook**

### **Christine Hamblen says**

Sometimes poetic, sometimes incomprehensible ...

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### **Lisa says**

the exquisite risk is an exquisite read.

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### **JeanAnn says**

I had read some articles by Mark Nepo in Parabola and liked what he said and how he said it. This led us to read one of his books; hopefully, to read more in the future. I believe Nepo has a mystic's deep sense of life.

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### **Margie says**

Read this with a "help" group. Took a while to finish in that we discussed a couple of chapters a week. Contains very helpful information. The writing is lyrical. Poetic. Would recommend to those who are trying to grow and increase their awareness of the world around them.

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### **Cameron says**

The book started with so much promise, the title alone grabbed my attention and demanded to be read. The author did not disappoint, his life experience and view encourages one to see, literally and figuratively life through different eyes. Being a cancer survivor has moved Nepo to a level of awareness which is admirable. As the book progresses Nepo's enthusiasm for the simple things grows stronger. He then seems to transcend the everyday and his descriptions, though filled with passion, become obscure and the shared experiences esoteric. Perhaps like profound, personal, spiritual experiences, they become harder to convey to the audience to which the experiences were not intended.

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### **Stacy Piper says**

Good learning from this. I especially love all the quotes.

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**Tina says**

excellent, inspiring, helps to assess your current state of being. highly recommend this uplifting book.

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**Ljonz says**

At times the writing breathes space into my moments. Some good thoughts are shared in a poetic way.

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**Jaime says**

This is actually a 3.5 star, FYI.

"Sufi master Hazrat Inayat Khan says: 'God breaks the heart again and again until it stays open.'"

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**Jerry says**

Too much air, not enough substance.

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**Patrick Williams says**

Mark Nepo is a poet and sees the world through a poet's eyes. Personally, his words sang off the page and spoke to the core of my being. Not only did they seem to capture a truth that I was just beginning to see, he brought even more beauty into each and every moment! Not everyone's cup of tea, but for those with a poetic mind, every page will hold amazing depth and beauty.

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**Lorraine says**

Outstanding, at times I could only digest a page at a time and I was off in my journaling writing about what I had read! Can't say enough about this book, it will hold a permanent place on my library shelves.

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**Kathy Oberle says**

beyond wonderful! Love Mark's poetry.

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## **Minda says**

My favorite book of Mark's. I constantly revisit and read a chapter or two for inspiration. It goes deeper and gives me more to think about than his daily devotional, although I love that one too. I can't live without this book.

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## **Liz Worth says**

This book is beautifully written but it never felt like it went below the surface for me.

Mark Nepo's writing style is quite engaging, and I was immediately drawn into the book.

I really appreciated the folklore that he referenced throughout, and there are definitely some pages I've bookmarked for future reference, but again, I kept expecting the book to go a bit deeper and it never really did for me.

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