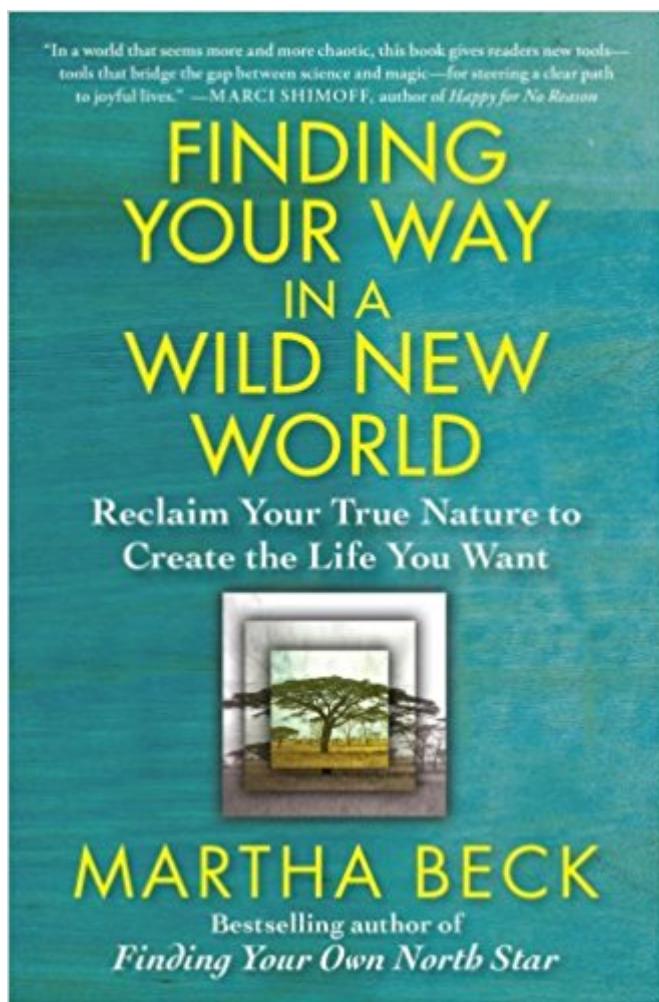


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# Finding Your Way In A Wild New World: Reclaim Your True Nature To Create The Life You Want



## Synopsis

“The best known life coach in America” (Psychology Today) and bestselling author of *Finding Your Own North Star* provides a new transformational program for creating an unconventional life path to a sustainable way of life. *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.

## Book Information

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## Customer Reviews

Informed by her own peripatetic and tumultuous life experiences, internationally recognized

counselor, author, columnist, and life-coach Beck has developed an enthusiastic and emotive guide designed to help individuals reclaim their true essence and capture a more conscious acceptance of personal desires, needs, and goals. Employing four principles she terms

“Wordlessness,” “Oneness,” “Imagination,” and “Forming.” Beck prescribes both concrete and ethereal methods for harnessing one’s unrecognized powers to achieve a more authentic presence. By tapping into these underutilized forces, it is possible to refine one’s thinking and define one’s attitudes, and the resultant revelations can boost one’s productivity. Aided by inventive examples, specific exercises, and intriguing questionnaires, readers are encouraged to embrace the contextual insights such programs bestow. An energetic devotee and indefatigable practitioner of these precepts, Beck communicates the benefits and extols the rewards to be found in leading a more thoughtful, natural, and creative life. Filled with astonishing first-person experiences and sprightly anecdotes, Beck’s guide tantalizes with limitless possibilities. --Carol Haggas

--This text refers to an out of print or unavailable edition of this title.

"In a world that seems more and more chaotic, this book gives readers new tools--tools that bridge the gap between science and magic--for steering a clear path to joyful lives." --Marci Shimoff, author of "Love for No Reason""The best known life coach in America."--Psychology Today"The best known life coach in America." "If you want to be like Oprah Winfrey--and who doesn't--we have two words for you: Martha Beck."--Boston Globe"Martha Beck is the wisest, most generous and gifted of spiritual leaders. Her book will show you how to gently unlock your potential for deep transformation, so that you can explore uncharted territory and come home to your true, purposeful, and unafraid self. Thank you, Dr. Beck."--Harriet Lerner, Ph.D., author of The Dance of Anger and Marriage Rules"Martha Beck has a rare ability to see the world with wisdom and heart. She is a teacher in the truest sense of the word."--Harriet Lerner, author of The Dance of Anger and The Dance of Connection

"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:<sup>\*</sup> If you feel a yearning that you can't identify or suppress.<sup>\*</sup> If you feel the need for clarity and purpose in your life.<sup>\*</sup> If you're afraid to do things that you think you'd love to do.<sup>\*</sup> If wild success and abysmal failure both scare you.<sup>\*</sup> If you feel fragmented with no clear focus in your life.<sup>\*</sup> If your wild fantasies seem impossible but won't let you go.<sup>\*</sup> 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.<sup>\*</sup> If you suspect your self-talk is holding you back.<sup>\*</sup> 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.<sup>\*</sup> If you feel the world is changing so fast you can't keep up.<sup>\*</sup> If you feel stuck and unproductive.<sup>\*</sup> If you feel in need of emotional healing before you can move on to your real purpose of healing others.<sup>\*</sup> 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 . 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.

I love love love Martha Beck. Her voice is one I can relate to, laugh with, and trust. This book was unexpected. I was thinking it would be a lot like her Oprah Mag essays--the book of which I also own and love--but this book takes her on a whole different level of spirituality. If you're uneasy with anything resembling New Age thinking then you will surely be put off by some of the language in this book, but at the heart is a very profound wisdom worth your while to explore and experiment with. Life really IS magical if you choose to see it that way, and if you choose to see it that way and feel it that way, you are a richer, wiser, kinder and more joyful person because of it. That's just a fact. If you're unfulfilled by a superficial existence of the type our culture advocates and truly feel a pull towards a more whole, natural way of existing, give this book a try. Try out some of the exercises she suggests. The world needs more Marthas:)

Fabulous. The kind of book I wish I could forget and read over again right away. I have always enjoyed Martha Beck's work but she seems to just get better and better rather than rehashing the same old material. This book really resonated with me after retiring and then burying the love of my life after cancer. Highly recommended.

I'm still reading this book and agree totally with the author. It's like you can fight it (life) OR go with the flow of your environment and those around you and find peace within yourself. Dropping into wordlessness is a challenge at first....you really don't want to. But, what I've realized is that when you do, it has a dramatic effect on myself and others. It's like dropping the ball when someone throws it at you. Who said you had to catch it or pick it up? It's so funny that we've been taught how to act and behave from our parents and how some stuff sticks with you into adulthood. I love it! I'm sure you'll agree that once you pick it up, you can't put it down. Watch the magic happen!

Pre-release, Martha sent out a sample chapter of this book. It was riveting. It galvanized all of me into wanting to serve in a way I hadn't felt since I was a girl, longing to "find my dream" as Mother Superior sang to a young Maria in The Sound of Music. The electrifying line, "we move at dawn" had me mesmerized imagining being part of a team of wayfinders in the Wordless Oneness of the

Everywhen. I feel connected with this worldwide pod of adventurers energetically, know some of them as clients and colleagues, and am deeply appreciative of this book being written. I've read it twice and it's on my To Read list yet again.

We all have books that come into our lives at just the right time to change our course forever. This book is one of those for me. The main thing is, if you are looking to bring magic and fun into your daily existence, regardless of the circumstances, this is a great place to start. Martha writes in such an easy and accessible manner that you can't get lost, or stuck, or bored. And it works! The exercises are fun and easy to try. You can be a beginner and see results. Thanks Martha for sharing your wisdom with us all!

The year is young, but I doubt I'll read another book in the next twelve months as inspiring, smart, and challenging as this one. Ten years ago, reading "Finding Your Own North Star" gave me the tools and the courage to leave my high-paying, high-prestige job. I've used its principles to build a new career that's so much rewarding and just as remunerative. Now Martha Beck's new book is showing me the tools that will help me take my living to a whole new level. I'd been hearing Martha talk about Wordlessness, Oneness, Imagination, and Forming for a while, but it's a revelation to read the depth of research; clear, cogent exercises; and inspiring storytelling in these pages. I've already started sharing the book with my kids and their friends so that the next generation can shape their life paths right out of the gate instead of waiting until their forties the way I did! LOVE this book!

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