



Awakening to Awe: Personal Stories of Profound Transformation

Kirk J. Schneider

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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.

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