



Rediscovering Life: Awaken to Reality

Anthony De Mello

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A companion to Anthony De Mello's all-time bestselling work of inspiration, *Awareness*.

Anthony De Mello was one of the most important spiritual writers of the 20th century. Since his death in 1987, his stature has only increased. His books, including *Song of the Bird*, *Sadhana*, and the international bestselling *Awareness* are considered by many to be some of the most influential spiritual teachings of the last 50 years.

Now, to commemorate the 25th anniversary of his passing, Image Books is proud to present what may very well prove to be the last published work of this beloved spiritual teacher. Based on a lecture given just months before his death, *Rediscovering Life* invites us to unlock the deeper meaning of our lives. By becoming aware of the circuitous and habitual nature of our limiting thoughts, we can find simple solutions that will release us from feelings of isolation, anger, sadness and depression. In short, De Mello offers us a new way to look at the world and God that will transform our lives.

Rediscovering Life is a timeless and compassionate book that will awaken you to the beauty of human experience and increase your ability to see God in all things.

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