



Living Long, Living Passionately: 75 (and Counting) Ways to Bring Peace and Purpose to Your Life

Karen Casey

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"This book is heartfelt, coming from my heart directly to yours. The gift of a somewhat retired life is having the time to fully appreciate the power of now, the power of nothingness. Which is, of course, the power of everythingness. Everythingness, what a glorious doorway to the unfolding of a life already well lived, and yet one that is ripe for far more living." --from the introduction

Replete with personal stories and quotes and imbued with Casey's own understanding of peaceful living as guided by her 12-step practice, A Course in Miracles, and a daily practice of meditation and prayer, these 75 essays help us make room for everything in our peaceful, vibrant, well-lived life. Each brief nugget invites contemplation and action as she helps us explore fear and love, resistance and acceptance, willpower and discernment. Each essay ends with additional questions and prompts for you to explore your own life. Savor each of the essays and practices and choose the ones that speak to you.

Living Long, Living Passionately brings peace into daily life and is a book to return to often. It will appeal to Casey's legion of readers who are approaching the time to live "everythingness," the doorway to the unfolding of a life already well lived. The rest, as they say, is gravy.

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