



Awareness

Anthony De Mello

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"This is your wake-up call! You may not have even realized you were sleep-walking. Most of us are most of the time. *Awareness* is an eye-opener. It's Anthony de Mello telling you gently but firmly, 'It's time to get up now.'" --Charles Osgood of "CBS Sunday Morning" and "The Osgood File"

"*Awareness* will be the critical test of American business in the next decade. I call it the 'business of awareness.'" --F.X. Maguire, Hearth Communications Group

The heart of Anthony de Mello's bestselling spiritual message is awareness. Mixing Christian spirituality, Buddhist parables, Hindu breathing exercises, and psychological insight, de Mello's words of hope come together in *Awareness* in a grand synthesis.

In short chapters for reading in quiet moments at home or at the office, he cajoles and challenges: We must leave this go-go-go world of illusion and become aware. And this only happens, he insists, by becoming alive to the needs and potential of others, whether at home or in the workplace.

Here, then, is a masterful book of the spirit, challenging us to wake up in every aspect of our lives.

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