



Living in Process: Basic Truths for Living the Path of the Soul

Anne Wilson Schaef

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"Life is a process. We are a process. The universe is a process," notes renowned writer and lecturer Anne Wilson Schaef. In *Living in Process*, Schaef offers us a bold, new way of engaging in life--by shifting our obsession with "product" to a mindful participation in "process." Schaef teaches us an action philosophy that will reconnect us with our deep, long-forgotten spirituality--filling our souls and setting our spirits free.

What is process? It is the way of doing, not what is done. It is living life in three dimensions, from the inside, instead of trying to control it from the outside. It is a living, moving, evolving energy. It is deeper than thought, more concrete than concept, more fluid than facts.

Drawing on inspiring real-life stories, the experiences of professionals worldwide who have participated in her *Living in Process* training, and her close association with native peoples from around the globe, Schaef shares her evolutionary model for maintaining our balance in the midst of life's seismic upheavals. With her inimitable wit and charm, she guides us to a larger spirituality and a rediscovery of our personal power. For *Living in Process* is a moment-by-moment revealing of, and reveling in, our life as mystery--and an honoring of its challenges, truths, and joys.



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