



The Will to Live and Other Mysteries

Rachel Naomi Remen

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As an honored physician and teacher, Rachel Naomi Remen has spent a lifetime immersed in the world of science. Yet today, after four decades of face-to-face experience with cancer patients, medical academia, and her own chronic illness, she has come to see that life is best defined not by science, but by mystery.

On *The Will to Live and Other Mysteries*, this bestselling author and beloved "healer of the heart" probes the universal experience of the unknown and reminds us that we all participate in life's mystery. "We have become a culture of control," Dr. Remen begins, "and have traded mystery for mastery." But "life is larger than science," she says. "Science is only one of the tools for healing. Real healing is always a work of mystery." A master storyteller, Dr. Remen shares compelling front-line stories of people who opened to mystery and found healing. She encourages us to pay attention and stay "awake," because the mystery at the heart of life can speak to any one of us at any time.

Complete with step-by-step exercises that Dr. Remen has taught to thousands of people, *The Will to Live and Other Mysteries* will touch and strengthen all who hear it, awakening us to our real power, and enabling us to live more fully and deeply, no matter what obstacles we face in life.

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