



Reality Works: Let It Happen

Chandra Alexander

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Combining eastern wisdom with a hip, contemporary, very American point of view, Reality Works is a refreshing look at life and its periods of celebration and desolation. Fifty-two simple, succinct chapters (one for every week in the year) provide brief but explicit lessons on how to live with a grounding sense of wonder and full responsibility. Chapters include: When You Are Confused, Do Nothing; Love Grows If You're Not In A Coma; You Are Always In The Right Place At The Right Time; Becoming Less - Not An Option; Regardless of how clever we are, reality is. There is no way around it... What is real delivers peace. Chandra Alexander writes in the introduction: The dark places we run from - those are the places we need to go. What we are most afraid of sets us free. From loneliness to relationships, workaholism to priority shifts, learning to leave things alone to learning to pay attention, Reality Works offers fifty-two ways to live a richer, more authentic life.

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