

Thoughts on Reverence, Awe, and Epicurean Piety

Post by “Don” of October 29, 2020 at 8:07 AM

Was also just browsing ebooks in library catalog and came across this one. Just checked it out, so no review but seemed relevant:

In Awe: Rediscover Your Childlike Wonder to Unleash Inspiration, Meaning, and Joy

by John O'Leary

There once was a time when we joyfully raised our hands to answer questions, connected easily with others, believed that anything was possible, and fearlessly jumped into new experiences. A time when we viewed each day not as something to endure, but as a marvelous gift to explore and savor—when we danced through our lives in awe of the ordinary moments and eager for the promise of tomorrow.

Unfortunately, that's far from our experience today. Instead, we feel disconnected and jaded. Social media reminds us that we don't measure up, and the mainstream media barrages us with constant negativity. Many of us find ourselves caught in a life of dogged responsibility and mind-numbing repetition. The daily struggle to earn a living has caused us to lose the sense of wonder with which we once greeted every day.

In his new book, bestselling author John O'Leary invites us to consider that it is possible to once again navigate the world as a child does. Identifying five senses children innately possess and that we've lost touch with as we age, O'Leary shares emotional, humorous, and inspirational stories intertwined with fascinating new research showing how each of us can reclaim our childlike joy, and why doing so will change how we interact with the world.

In Awe reveals how we can regain that ability to see fresh insights, reach for new solutions, and live our best lives.