



# Life Is a Verb: 37 Days To Wake Up, Be Mindful, And Live Intentionally

*Patti Digh*

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## **Life Is a Verb: 37 Days To Wake Up, Be Mindful, And Live Intentionally** Patti Digh

In October 2003, Patti Digh's stepfather was diagnosed with lung cancer. He died 37 days later. The timeframe made an impression on her. What emerged was a commitment to ask herself every morning: What would I be doing today if I had only 37 days left to live? The answers changed her life and led to this new kind of book. Part meditation, part how-to guide, part memoir, *Life is a Verb* is all heart.

Within these pages?enhanced by original artwork and wide, inviting margins ready to be written in?Digh identifies six core practices to jump-start a meaningful life: Say Yes, Trust Yourself, Slow Down, Be Generous, Speak Up, and Love More. Within this framework she supplies 37 edgy, funny, and literary life stories, each followed by a “do it now” 10-minute exercise as well as a practice to try for 37 days?and perhaps the rest of your life.

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#### **Lila Smith:**

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Exactly why? Because this Life Is a Verb: 37 Days To Wake Up, Be Mindful, And Live Intentionally is an unordinary book that the inside of the reserve waiting for you to snap the item but latter it will distress you with the secret that inside. Reading this book beside it was fantastic author who all write the book in such amazing way makes the content within easier to understand, entertaining way but still convey the meaning completely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This unique book will give you a lot of positive aspects than the other book include such as help improving

your proficiency and your critical thinking approach. So , still want to hold off having that book? If I were you I will go to the publication store hurriedly.

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