



# 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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