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"It was about more fully inhabiting the life I have, not creating a new one." — Patti Digh, Life Is a Verb: 37 Days to Wake Up, Be Mindful, and Live Intentionally

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Life is a Verb: 37 Days to Wake Up, Be Mindful, and Live Intentionally (Globe Pequot Press, 2008) One of five finalists for the prestigious "Books for a Better Life Award" and nominated as Book of the Year by the Southern Independent Booksellers Association, 2008. In October 2003, Patti Digh's stepfather was diagnosed with lung cancer.

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Patti's award-winning blog, 37days.com, emerged from the lessons she learned by asking that question and soon the essays were crafted into the bestselling book LIFE IS A VERB: 37 Days to Wake Up, Be Mindful, and Live Intentionally.

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