

Books, Spirituality and Consciousness

Conversations with writers

Interviewed by Gail Straub

Mark Epstein and Stephen Cope: Two Luminaires Discuss Spiritual Practice in Turbulent Times



gailstraub.com

Sunday September 28th at 2:00 PM

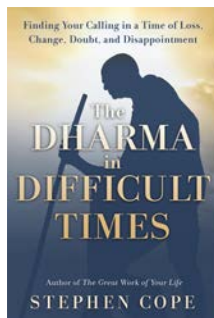
at Saint Gregory's Church in Woodstock.

In a time when America has never been so divided and everything has become politicized, books can offer a respite, a window into understanding and empathy, and a path forward toward genuine engagement. Join Gail Straub for a series of conversations with writers addressing the role of consciousness and literature in today's turbulent world.

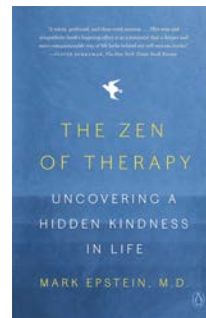
We are all searching for how to best navigate these tough times. Art has always offered us a way to make sense of life in the most difficult periods. And writers have always wrestled with questions regarding these challenges. What is the most skillful way to live during deeply disorienting times? What is the nature of our common humanity that binds us together offering solidarity and resilience? Part of how we stay resilient is by simultaneously holding two seemingly contradictory ideas in our consciousness: the undiluted recognition of the current situation and the faith that we can still impact change and move things forward. Our spiritual practices help us with all these questions.

Engage with two spiritual luminaries Stephen Cope and Mark Epstein as we discuss these ideas and more. How are they each using their practice to navigate these times? What do they turn to give them strength and equanimity? And how do we all use this current unsettled period as an opportunity to awaken more deeply? Gifted writers, their best-selling books include Stephen's, *The Great Work of Your Life*, and *The Dharma in Difficult Times*, and Mark's, *The Zen of Therapy* and *Going to Pieces without Falling Apart*.

Join us Sunday September 28 at 2:00 PM at St. Gregory's Church in Woodstock for a stimulating and empowering conversation. This free event sponsored by the Golden Notebook, is open to the public and Stephen and Mark will be signing books. Please do spread the word among your networks!



www.stephencope.com



www.markepsteinmd.com



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