



**BOOK**  
\$54.75 or thereabouts

**EBOOK**  
\$16.76

## A Year with Anthony de Mello

Waking Up Week by Week

By: [Anthony De Mello](#)

Release your true inner self, shed society's expectations and programming, and regain your equilibrium with *A Year with Anthony De Mello*. This week-by-week workbook is filled with fifty-two passages and stories of De Mello's echoing wisdom, inspiring quotes from a variety of influential world-famous people, and thought-provoking journal prompts.

We have all been programmed to seek happiness outside of ourselves - seized through great effort from an unpredictable world - and then to become upset and self-condemning when our effort fails to realise its promise of fulfillment, which it always fails to do. This is not to say that success isn't a reasonable pursuit, but it cannot give us happiness. Nothing of the world can.

Why? Because we have it already.

The happiness, peace, and love that defines fulfillment are already yours, encoded in your spiritual DNA. They are not earned or acquired. They live in you as you to be expressed through you. The only effort needed is really no effort at all; it's a matter of coming home to yourself.

*A Year with Anthony De Mello* is a week-by-week workshop of fifty-two passages from De Mello, each followed by a favourite parable or koan Anthony admired to illuminate the passage, and two simple but engaging exercises to actualise the week's teaching.

There are blank pages for journaling about your insights during the week.

This information and a detailed preview of the book's content

[https://www.google.com.au/books/edition/A\\_Year\\_with\\_Anthony\\_De\\_Mello/dLphEAAAQBAJ?hl=en&gbpv=0](https://www.google.com.au/books/edition/A_Year_with_Anthony_De_Mello/dLphEAAAQBAJ?hl=en&gbpv=0)