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Life is a Verb

37 Days to Wake Up, Be Mindful,
and Live Intentionally

Patti Digh

"Damn, girl. You write good."

- Lee Hancock, *Dallas Morning News*

"Reading *Life is a Verb* is like mainlining goodness. Digh shows us what is real and what matters, and she gives us insiders tips on how to make minuscule life corrections that result in quantum shifts in experience. Her writing is laugh out loud funny and more profound than Zen koans. This will surely be the last self-help book you will ever need or want to read."

- Patricia Ryan Madson, *Stanford Emerita and author of Improv Wisdom: Don't Prepare, Just Show Up*

"*Life is a Verb* is brilliantly-crafted, raw, gorgeously-designed, and daringly different from 'self-help' books. It relates, through stories that sparkle and astonish and soar, how to move, to be on your way, to realize who you really are through your actions. Every word of this book is essential."

- Dave Pollard, *author of How to Save the World and The Natural Entrepreneur*

"*Life is a Verb* is a wonderful treat! Good exercises, stories, and examples. Reading it will help you appreciate just how much can be gained through living with intention. It's also a lot of fun."

- Roger von Oech, *author of A Whack on the Side of the Head: How You Can Be More Creative*

"Gay, bisexual, or straight, living deliberately and authentically requires not just courage and perseverance, but also a practical guide. Patti provides us great insights and useful exercises that make it more likely we'll all experience spiritual health."

-Brian McNaught, *author of Are You Guys Brothers?*

"I have never seen such a simultaneously practical, aesthetically beautiful,
and soul-caressing book in my life."

-Kichiro Hayashi, Ph.D., *Professor Emeritus, Aoyama Gakuin University, Tokyo*

“What would you be doing today if you only had 37 days to live?” By asking this simple but powerful question every morning, Patti Digh—an internationally recognized diversity expert and mother of two—transformed her life.

In October 2003, Patti Digh’s stepfather was diagnosed with lung cancer, dying just 37 days later. The timeframe scared her and woke her up. She started writing an “instruction manual for living” to leave behind for her two young daughters in case she died—guiding them not how to steam artichokes or find the lowest airfares, but how to live compassionate, full, regret-free lives.

What emerged are *Six Practices for Intentional Living (Say Yes, Be Generous, Speak Up, Love More, Trust Yourself, and Slow Down)*, illustrated by 37 extraordinary and humorous life stories written in fresh and literary prose. Each is followed by a practical “Do it now” 10-minute exercise as well as a practice to try for 37 days, and perhaps the rest of your life.

Digh’s guidebook to her daughters became her award-winning blog, *37days* (www.37days.com), and now, this book: **LIFE IS A VERB: 37 Days to Wake Up, Be Mindful, and Live Intentionally** (Globe Pequot Press; September 2, 2008; \$19.95).

LIFE IS A VERB is the first blog-to-print literary work illustrated exclusively by the author’s blog readers from around the world. Sixty-nine individuals created 123 pieces of artwork specific to each of the 37 essays, and all are featured in what one reviewer has called a “literary and artistic barn-raising.”

Like Tim Russert’s *Wisdom of Our Fathers* [in which Patti’s touching essay about her own father appears], and Randy Pausch’s *The Last Lecture*, this book teaches about living through story. What sets **LIFE IS A VERB** apart are the challenging exercises at each story’s conclusion that engage the reader and help them apply each of the story’s lessons to their own lives.

Having visited over 60 countries in her work life, Digh takes readers on a typhoon-tossed trip around the world aboard the *S.S. Universe*; on a plane trip in which the hydraulic system fails at 37,000 feet; across the U.S. on a month-long journey with the first woman member of the Central

Committee of the People's Republic of China, and also into simple, every day life where the real meaning of living well emerges. Readers learn how burning a pair of 30-year-old jeans liberates you, how tiny Shakespearean Ninjas teach you how to show up in your life, and that befriending an odd, pretzel-eating stranger on a plane sends you a friend for life.

Like her highly popular blog, **LIFE IS A VERB** is written with a unique wisdom, warmth, compassion, and disarming candor that readers trust. Part meditation, part how-to guide, and part memoir, **LIFE IS A VERB** is all heart. This isn't a self-help book, but a soul-help book. This is a wise guide whose lessons—and stories—stick.

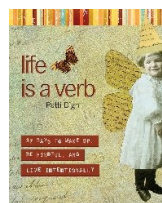
About the author:

Patti Digh is a co-founder of The Circle Project, an international consulting firm focused on diversity and inclusion, authentic leadership, and experiential learning. Patti's comments on diversity and global leadership have appeared in publications such as *The Washington Post*, *The New York Times*, *The London Financial Times*, *Fortune*, and *The Wall Street Journal*, as well as in leading professional journals. She is a co-author of *Global Literacies: Lessons on Business Leadership and National Cultures* (Simon & Schuster 2000) and *The Global Diversity Desk Reference* (Wiley 2003), as well as the author of over 60 published articles on global business and diversity. Patti and her husband, John Ptak, live in Asheville, North Carolina, with daughters Emma and Tess, their half-Jack Russell Terrier and half-St. Bernard dog named Blue, two cats whose furniture-scratching proclivities don't merit their being mentioned by name, and, until the recent Unfortunate Incident, a dwarf hamster named Maggie.

Links

37days blog – www.37days.com

Online press kit – www.pattidigh.com



LIFE IS A VERB

37 Days to Wake Up, Be Mindful, and Live Intentionally

by Patti Digh

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240 Pages * 7-1/2 x 9-1/4" * ISBN: 978-1-59921-295-1 * \$19.95

For more information or to schedule an interview or book-signing, please contact publicist Bob Sembiente at 203-458-4555 / robert.sembiente@globepequot.com or the author, Patti Digh, at 828-280-5766 / patti@thecircleproject.com