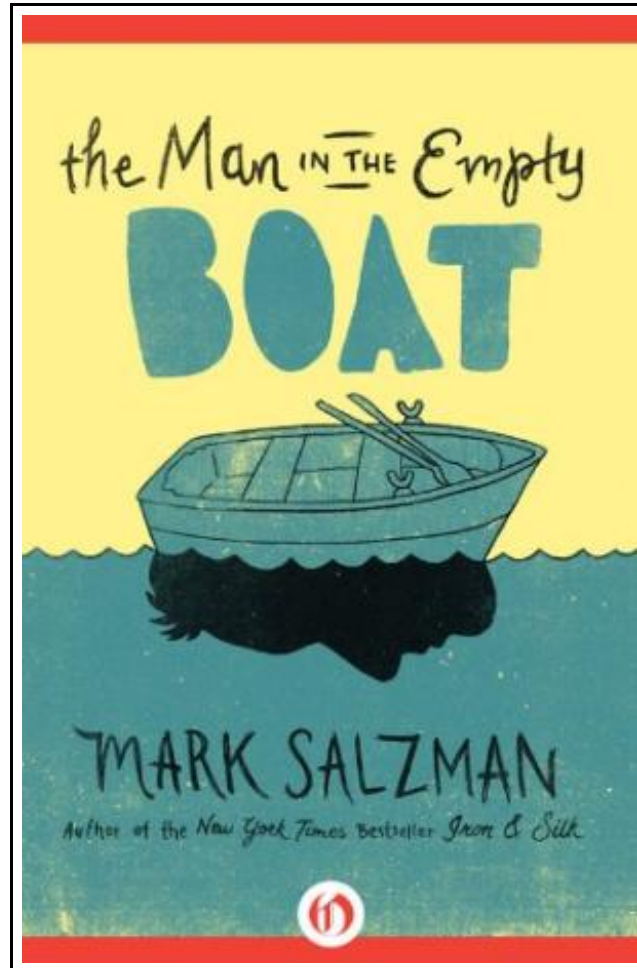


The Man in the Empty Boat



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Reviews

Complete guideline for publication fans. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Llewellyn Terry)

THE MAN IN THE EMPTY BOAT



Open Road Media. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 8.3in. x 5.5in. x 0.6in. From the author of *Iron and Silk* comes a moving memoir of love and family, loss and spiritual yearning. Anxiety has always been part of Mark Salzman's life: He was born into a family as nervous as rabbits, people with extra angst coded into their genes. As a young man he found solace through martial arts, meditation, tai chi, and rigorous writing schedules, but as he approaches midlife, he confronts a year of catastrophe. First, Salzman suffers a crippling case of writers block; then a sudden family tragedy throws his life into chaos. Overwhelmed by terrifying panic attacks, the author begins a search for equanimity that ultimately leads to an epiphany from a most unexpected source. *The Man in the Empty Boat* is a witty and touching account of a skeptic's spiritual quest, a story of one man's journey to find peace as a father, a writer, and an individual. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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