



# How to Live an Awesome Life: How to Live Well, Do Good, Be Happy

*Polly Campbell*

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## **How to Live an Awesome Life: How to Live Well, Do Good, Be Happy** Polly Campbell

Awe.

It is about wonder. About accessing the amazing to express reverence, admiration. Awe like this can show up in every aspect of our lives — even those we declare as not so great.

Psychologist Nicholas Humphrey says awe forces us to reconfigure our mental model so we can make sense of what we've seen. It broadens us, inspires us.

Awe has the ability to awaken us. It can show us beauty and remind us who we are. It brings us closer to our purpose and passion and helps us create meaning. It helps us to live with the mystery in life, to survive the uncertainty of it all. It allows us to sink into the experience of living.

When you live in awe of your life you are open to diverse experiences. Some are easy and joyous. Others totally suck. But you are okay because you know that within every experience the possibilities are limitless.

Polly Campbell designed this book to help you engage with the awesome qualities of your life.

Do whichever exercises you want. Read this book chapter by chapter or go to the section that helps you most right now. Take what works, discard the rest.

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