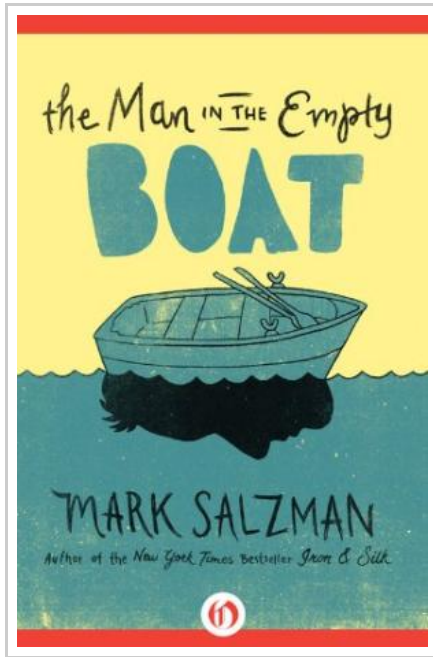



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The Man in the Empty Boat

By Mark Salzman

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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