



Renewal: A Little Book of Courage and Hope (Pocket Wisdom Series)

Ekhnath Easwaran

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Our personal example — in every aspect of our lives — is a very powerful instrument of change, more powerful than many of us realize. *Renewal* is a little book of hope, to lift our spirits and give us courage when we're facing problems, and to offer gentle, sometimes surprising answers to the question "But what can *I* do?" In these short readings on themes such as loving relationships, raising children, living simply, and aging wisely, Easwaran presents fresh insights to reveal our fundamental interconnectedness, our unity with all life. This beautifully produced collection includes tales from India, inspiration from Gandhi and the world's saints, engaging anecdotes, and practical suggestions, all of which are accessible to readers of any faith, philosophy, or lifestyle. Together, they demonstrate that small daily efforts to improve our own lives and the lives of those around us can add up to a powerful force for renewal — for ourselves and for our world.

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