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Sommario/riassunto	A vow is like a GPS system for your life. When taken on mindfully it can be a source of surprising wisdom and powerful energy, enabling you to accomplish things you never dreamed possible. It can have profound effects even beyond the original intention--and it can even live on after you're gone. A vow can be as small as the aspiration to smile at someone at least once every day, or it can be as big as marriage; it can be as personal as deciding to be mindful whenever you pick up the phone, or it can be as universal as a commitment to save all sentient beings. But whatever its inspiration, when it's done with conscious intention a vow becomes a conduit for the energy of your life. In this guide to the vow-directed life, Jan Chozen Bays provides a wealth of practical exercises to use for formulating and implementing vows of your own and for using them to navigate your life with honesty and compassion.