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Nota di contenuto	Cover Page -- Title Page -- Copyright Page -- Table of Contents -- Introduction -- Chapter One The First Secret: Our Lost Mode of Prayer -- Chapter Two The Second Secret: Hurt Is the Teacher, Wisdom Is the Lesson -- Chapter Three The Third Secret: Blessing Is the Release -- Chapter Four The Fourth Secret: Beauty Is the Transformer -- Chapter Five The Fifth Secret: Creating Your Own Prayers -- Endnotes -- About the Author
Sommario/riassunto	Gregg Braden's book explores the transformative power of prayer and ancient wisdom in addressing the challenges of modern life. Drawing on diverse spiritual traditions, from the teachings of St. Francis of Assisi and Rumi to the wisdom of the Navajo, the author delves into how prayer can connect individuals with a universal force. Braden emphasizes understanding one's relationship with the self, the world, and the divine to unleash inner power and achieve emotional, physical, and spiritual well-being. Intended for readers seeking comfort and guidance during uncertain times, the book encourages discovering the latent power within us to create a better future.