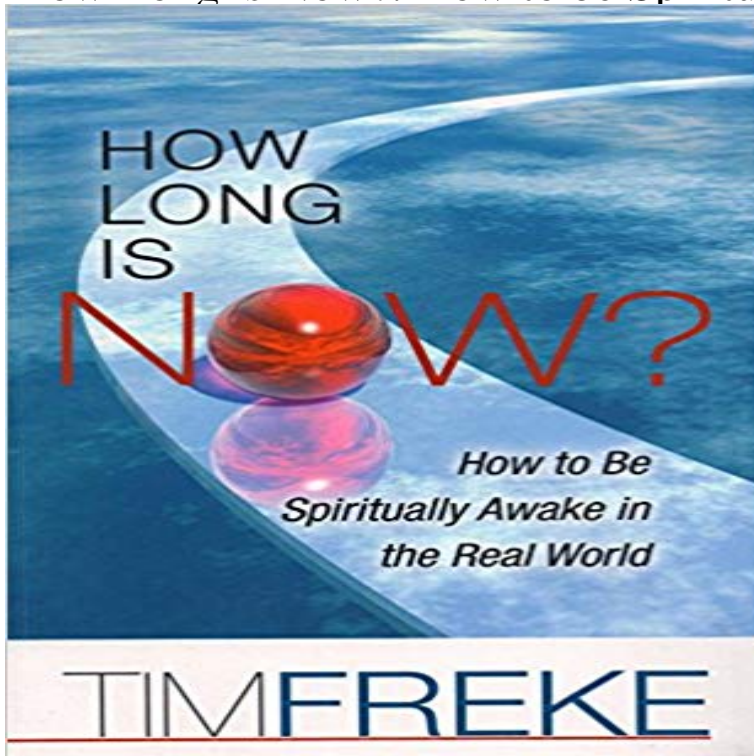


How Long is Now?: How to be Spiritually Awake in the Real World



In this unique and exhilarating book, stand-up philosopher Tim Freke shares his own amazing journey of awakening to the ecstasy of oneness and the bliss of big love. He offers profound insights and simple wake-up techniques to gently guide anyone ever more deeply into an experience of being spiritually awake in the real world. How Long is Now? is a book that can transform everyday life into a wonderful adventure full of meaning, miracles, and magic. As Tim explores his own journey he clarifies a host of common misunderstandings about what it is to be spiritual. He also offers wisdom about love, romance, and relationships and he presents a radical new understanding of death. Full of warmth, laughter, tears, vitality, and style, How Long Is Now? is a timeless book to be savoured and treasured.

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