

"Most people know Frederick Marx from Hoop Dreams, Journey From Zanskar, and other fine films. They probably don't know that he is a longtime student of dharma, an ordained Zen priest, and a gifted writer exploring the terrain of the human heart. This book shivers with the frailties of what it means to be human, enfolding loss in all its forms, finding a way through acceptance back to love."

—**Ram Dass, author of *Be Here Now***