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“First 37” will let you explore what you want to create in 2019, and set you on the path to creating it. You’ll get a daily prompt, the opportunity for dialogue in a community of people on the same journey, and ongoing support from Patti Digh.

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The answers changed her life and led to this new kind of book. Part meditation, part how-to guide, part memoir, Life Is a Verb is all heart. Digh identifies six core practices to jump-start a meaningful life: Say Yes, Trust Yourself, Slow Down, Be Generous, Speak Up, and Love More.

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"Life is A Verb" was inspired by Patti Digh's blog, "37 days" at www.pattidigh.com I love her metaphors and her detailed, delicious insights on life. She really digs into the essence of what makes life worth living.

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