



Sailing Home: Using Homer's Odyssey to Navigate Life's Perils and Pitfalls

Norman Fischer

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Homer's *Odyssey* has a timeless allure. It is an ancient story that is significant for every generation: the struggle of a homesick, battle-weary man longing to return to love and family. Odysseus's strivings to overcome divine and earthly obstacles and to control his own impulsive nature hold valuable lessons for people facing their own metaphorical battles and everyday conflicts -- people who are, like Odysseus, "heartsick on the open sea," whether from dealing with daily skirmishes at the office or from fighting in an international war. *Sailing Home* breathes fresh air into a classic we thought we knew, revealing its profound guidance for navigating life's pitfalls, perils, and spiritual challenges.

Norman Fischer deftly incorporates Buddhist, Judaic, Christian, and popular thought, as well as his own unique and sympathetic understanding of life, in his reinterpretation of Odysseus's familiar wanderings as lessons that everyone can use. We see how to resist the seduction of the Sirens' song to stop sailing and give up; how to bide our time in a situation and wait for the right opportunity -- as Odysseus does when faced with the murderous, one-eyed Cyclops; and how to reassess our story and rediscover our purpose and identity if, like the Lotus-Eaters, we have forgotten the past.

With meditations that yield personal revelations, illuminating anecdotes from Fischer's and his students' lives, and stories from many wisdom traditions, *Sailing Home* shows the way to greater purpose in your own life. You will learn a new way to view your path, when to wait and when to act, when to speak your mind and when to exercise discretion, how to draw on your innate strength and distinguish between truth and deception, and how to deal with aging and changing relationships. *Sailing Home* provides the courage you need for your journey, to renew bonds with your loved ones, and to make the latter portion of life a heartfelt time of spirit and love, so that -- just as Odysseus does -- you can defeat the forces of entropy and death.



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