

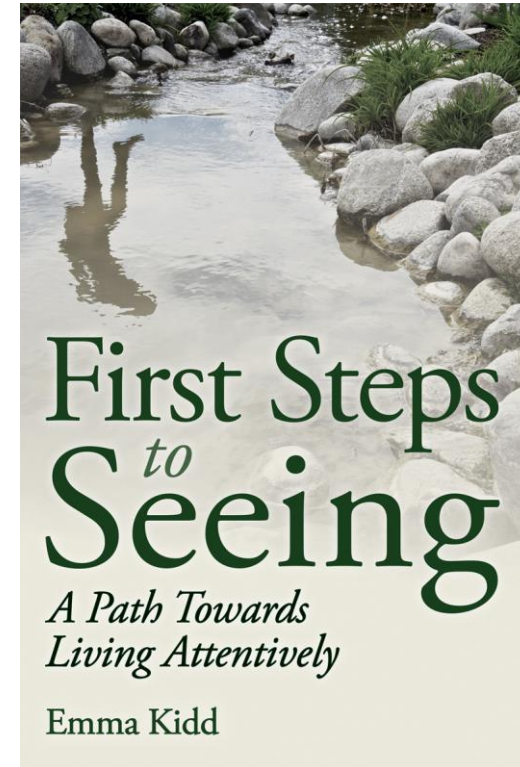
## First Steps to Seeing

### *A Path towards Living Attentively*

In the twenty-first century we are confronted with a rapidly changing world full of social, economic and environmental uncertainties. We are all inherently connected to this changing world and in order to create the best possible conditions for life to thrive, we must each develop an inner capacity to respond and adapt to life in new, creative and innovative ways.

The author of this visionary book argues that the path to a happy, healthy and peaceful world begins with the individual. By learning to recognise our cognitive habits of interrupting and defining life through our fixed ideas, labels and judgments, we can begin to develop a dynamic way of seeing that enables us to perceive and respond to life with greater attentiveness.

*First Steps to Seeing* reveals a practical set of stepping stones that guide the reader into this dynamic way of seeing and relating. Using personal stories, practical exercises and real-world case studies in development, education and business, the author takes the reader on a journey to explore how to give our full attention to life, and how to enliven the world that we each co-create. An inspiring guide for all those working for social change in youth work, business, education or research, or simply seeking fresh paths in life.



### **Author:**

Emma Kidd is an educator, writer, independent researcher and consultant. Her practice is centred around leading living inquiries into how we can co-create a happy, healthy, and peaceful world. She works with educational charities, third sector organisations and businesses. Emma has a Masters degree from Schumacher College, UK, where she specialised in Phenomenology and the work of Henri Bortoft. You can visit the author's website at [www.sensinglife.net](http://www.sensinglife.net)