



The Ragged Edge of Silence: Finding Peace in a Noisy World

John Francis Phd

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By the author of *Planetwalker*, *The Ragged Edge of Silence* takes us to another level of appreciating, through silence, the beauty of the planet and our place in it. John Francis's real and compelling prose forms a tapestry of questions and answers woven from interviews, stories, personal experience, science, and the power of silence through history, including practice by Native American, Hindu, and Buddhist cultures. Through their time-honored traditions and his own experience of communicating silently for 17 years, Francis's practical exercises lay the groundwork for the reader to build constructive silence into everyday life: to learn more about oneself, to set goals and accomplish dreams, to build strong relationships, and to appreciate and be a steward of the Earth. With its amazing human interest element and first-person expertise, this book is energizing and universally instructive.

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