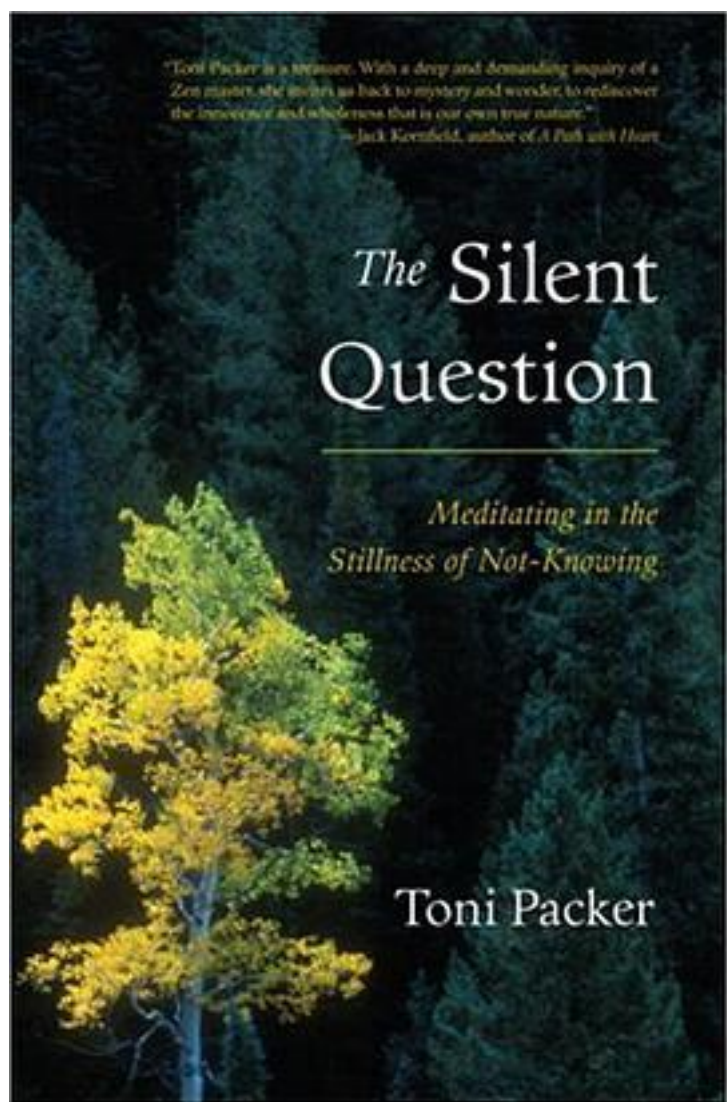


# The Silent Question



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In The Silent Question, Packer provides fresh insights on using the experiences of life that are raw, messy, painful, and sometimes full of laughter, to open a way to compassion. She urges us to let go of our thoughts and to sit "in the stillness of not knowing" in order to reflect upon the essential question of who we are. Packer encourages us to discover that life, energy, and insight come from the questioning, the looking, the listening.

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