



# **The Anatomy of a Calling: A Doctor's Journey from the Head to the Heart and a Prescription for Finding Your Life's Purpose**

*Lissa Rankin*

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We are all, every single one of us, heroes. We are all on what Joseph Campbell calls "a hero's journey;" we are all on a mission to step into our true nature and fulfill the assignment our souls were sent to Earth to fulfill. Navigating the hero's journey, Lissa Rankin, MD, argues, is one of the cornerstones of living a meaningful, authentic, healthy life.

In clear, engaging prose, Lissa describes her entire spiritual journey for the first time--beginning with what she calls her "perfect storm" of events--and recounts the many transformative experiences that led to a profound awakening of her soul. Through her father's death, her daughter's birth, career victories and failures, and an ongoing struggle to identify as both a doctor and a healer, Lissa discovers a powerful self-awareness.

As she shares her story, she encourages you to find out where you are on your own journey, offering inspiring guideposts and practices along the way. With compelling lessons on trusting intuition, surrendering to love, and learning to see adversity as an opportunity for soul growth, *The Anatomy of a Calling* invites you to make a powerful shift in consciousness and reach your highest destiny.

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