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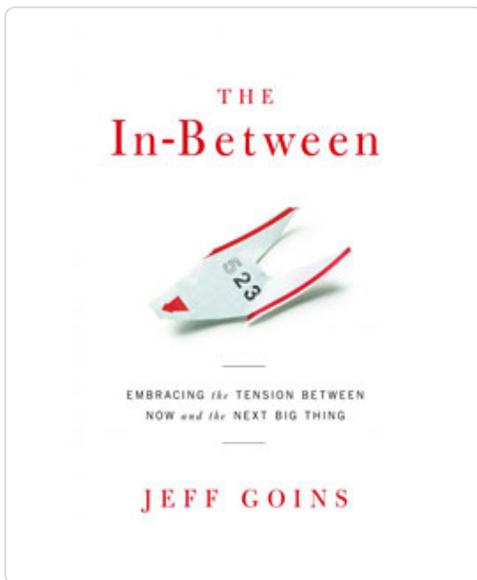
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The In-Between

by Daniel Scheffler
EDGE Contributor
Wednesday Aug 14, 2013

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In the era of post-existentialism, hyper-materialism, consumerism de la creme and neo-spiritualism, it makes perfect sense that a book like **"The In-Between: Embracing the Tension Between Now and the Next Big Thing"** will come to stick in your hand. Slightly lighter than the great Eckhardt Tolle, Goins' "spiritual memoir" can be read, and read, and re-read and probably should be. Not for simplification, but for the small reminders that he leaves so gently and poignantly with you through stories from his life.

The biggest lesson the book sprouts is the beauty in waiting -- the bliss of the in-between. Reminders to not rush ahead to the next thing (whether in your mind or in actuality) is what the book is all about, and does so with a hand full of richness. The author (not a preacher -- at least I can breathe with relief) inspires with instructions on how to find the best memories in life's "waiting room moments." Sometimes the book relies perhaps too heavily on sentiment, but its authenticity and sincerity allows for us, as readers, to forgive as the teddy bear inside the Hallmark card winks at us. If we absolutely have to, I guess we can.

The author, not a preacher at least I can breathe with relief, inspires with

"My journey through life is now full of moments of joy, still moments, sad moments, anchorages, park benches, tiny tables in piazzas in foreign places. Full of drinking milkshakes and eating ice-



Popular Stories in Entertainment



Portraits by Bob Dylan on Display in London

Aug 30

New pastel portraits by singer Bob Dylan were shown for the first time at the National Portrait Gallery in London on Saturday. The 12 new works in the "Bob Dylan Face Value" exhibition

instructions on how to find the best memories in life's "waiting room moments."

cream while the ironing piles up. We enjoy the in-between moments. Life is full of surprises, we never know which day will be our last." But only if life was as simple as milkshakes and ice cream in the sunshine. More often we're worried about fat, terrorism, and, I guess, lactose intolerance.

"We don't get to choose how many days of life we have left, but we can choose how we spend them." Goins says that line so enthusiastically. And so I want to believe in Goins' sentiment and prescribe to his ideas for life -- I really, really do. Perhaps a course in mediation should go along with the purchase of this book. Oh, and what about some deep, very deep, breathing?

"The In-Between: Embracing the Tension Between Now and the Next Big Thing"

Jeff Goins
Moody Publishers
\$8.39

by Jeff Goins

Daniel Scheffler is a writer who spends his time in New York, Cape Town and India. Follow him on Twitter @danielscheffler

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LGBT Legacies :: Jerry Mitchell

By EDGE | Aug 13

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Sundance Hit 'Fruitvale Station' Examines Racial Divide

By Fred Topel | Jul 19

One of the most disturbing racial incidents of the past few years happened in an Oakland subway station on New Year's Day 2009 when an African-American man was killed by police. Now the event is the basis of an award-winning drama.



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