

FOR IMMEDIATE RELEASE  
On sale: June 9, 2011

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# THE ART OF UNCERTAINTY

## *How to Live in the Mystery of Life and Love It*

### By Dennis Merritt Jones

In our ongoing quest for self-improvement, we read books on a plethora of topics we are certain we must master, from how to strengthen our relationships and get our bodies in shape to how to find true happiness. Yet we forget that in the face of all these challenges, only one thing is certain: uncertainty. Until we can make peace with the uncertainty of life, we cannot truly move forward.

**Dennis Merritt Jones**, author of the award winning book, *The Art of Being*, now helps us take that step in *The Art of Uncertainty: How to Live in the Mystery of Life and Love It* (Tarcher / Penguin paperback, June 9). Drawing upon his spiritual background and the teachings of various luminaries, Jones shares 14 lessons and a conclusion to help readers embrace the unknown and thrive amidst the confusion of life. Each lesson concludes with both a summary section of Points to Ponder & Personalize and a series of Mindfulness Practices to help us appreciate the moment. Lessons include:

- The Impact of Habits: We frequently remain trapped in a rut because sticking with our habits is far easier than changing course. Yet, when bad habits remain unchecked, they turn into addictions. Utilize the power of habits in a positive way and create routines that lead you towards success. (pg. 106-121)
- The Anatomy Of Fear: When we are afraid, we ignore the stimulus rather than addressing it. To thrive in the face of uncertainty, we must observe our fears and tackle them. (pg. 17-31)

- The Wisdom of Knowing What and When to Let Go: When dealing with difficulty, many of us retell our story over and over, letting it define us. To move forward into the unknown, we must release resentment and open ourselves up to the beginning of a new story. (pg. 49-67)
- Abundance is the Gift Already Given: Jones asks, how big is your bucket? We live in an abundant universe, but cannot receive anything we are unprepared to accept. (pg 181-204)

With this book as a companion, readers will learn to view life's transitions as places from which to grow, rather than causes for anxiety.

About the author:

Dennis Merritt Jones has been involved in the human potential movement and the field of spirituality as a minister, teacher, spiritual mentor, and keynote lecturer for more than twenty-six years. He was the founder and spiritual director of The Center for Spiritual Living in Simi Valley, California, where he lives, and is the author of *How to Speak Science of Mind* and *The Art of Being - 101 Ways To Practice Purpose In Your Life*. Since 2007, he has been a Faith columnist for The Ventura County Acorn newspaper. Dennis retired from the pulpit in 2008 to take his message to the world by means of his books, spiritual mentoring, consulting, keynote speaking and seminars.

Note: A Small Group Study Guide for *The Art of Uncertainty* is available as a free download at his website: Find him online at [www.DennisMerrittJones.com](http://www.DennisMerrittJones.com)

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By Dennis Merritt Jones  
Tarcher / Penguin, paperback, \$14.95  
June 9, 2011  
ISBN: 978-1-58542-872-4

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