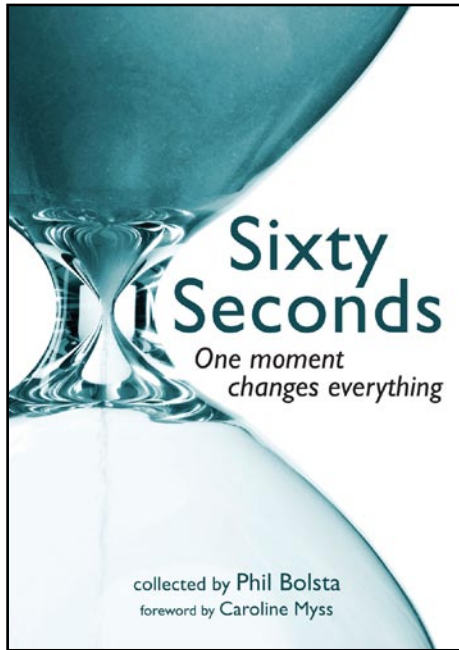


# Sixty Seconds

One Moment Changes  
Everything

by  
Phil Bolsta



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## Life-altering stories from favorite spiritual and secular figures

One moment truly can change the course of your life, usually when you least expect it. More than half of adult Americans say they have experienced their own spiritual transformation. In *Sixty Seconds*, author Phil Bolsta offers an intimate collection of spiritual awakening stories, straight from widely admired cultural icons.

These compelling stories drive home the point that everyone is capable of experiencing profoundly sacred moments. Readers will learn that when they are changed by sacred experiences, the way they show up in the world changes, which in turn subtly changes the people with whom they interact. Ultimately, their capacity to recognize the sacredness in every moment is expanded, and they will fully appreciate that every day is a gift—and that what they do with it is a gift to themselves, to others and to the world.

This uplifting collection of life-altering stories is needed more than ever in this new millennium, in which millions yearn for meaning and purpose while fear and uncertainty bubble under the surface of everyday life. *Sixty Seconds* hits the target of the now-mainstream Cultural Creatives movement, which includes 50 million adults in the United States and more than 80 million more in Europe. What is a Cultural Creative? It's an admitted spiritual individual who values integrity, authenticity and relationships and who cares intensely about psychological and personal growth.

The profiles featured in *Sixty Seconds* are well-known names from every field imaginable—entertainment, journalism, politics, spirituality, personal growth, arts, sports, medicine, business, social science and more. These storytellers include Wayne Dyer, Peter Russell, Stephen Simon, Deepak Chopra and Christiane Northrup. The spiritual awakenings shared by these prominent figures prove that life-altering experiences can happen to anyone, regardless of spiritual beliefs.

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Author **Phil Bolsta** is a freelance writer. After a dozen years in the investment business, he pursued his true calling—encouraging and inspiring people to live more positive, loving lives. Looking to connect in a meaningful way with prominent people whose work he admired, Bolsta began asking these well-known writers and speakers to share their stories of deeply personal life-changing moments. Bolsta lives near Minneapolis, not far from his adult daughter, Erin. For more information, visit his website at [www.sixtysecondsbook.com](http://www.sixtysecondsbook.com).