



## If... Questions for the Soul

*Evelyn McFarlane, James Saywell*

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If you were God for a day, what would you do? If you had to remember the moment in your life when you felt the most alone, when would it be? If you were to name one event that most challenged your relationship with your family, what would you say? If your soul was a color, which color would it be? If you learned that there actually was a Heaven and Hell, what is the first thing you'd change in your life?

The ultimate task we face in life is the process of finding and accepting our true selves, our souls. It's often too scary, too overwhelming, or too time-consuming to begin the whole introspective process of self-discovery. So we often don't look. Instead, we do such things as work harder, spend money, eat and drink more, or maybe just clean the house. But what we forget--or maybe never knew--about soul-searching is that this process can be deeply rewarding, fun, and even entertaining.

In their bestselling series of If . . . books, If . . . (Questions for the Game of Life), If2 . . . (More Questions for the Game of Life), and If3 . . . (Questions for the Game of Love), authors Evelyn McFarlane and James Saywell have reintroduced the power of the question. These "If . . ." questions have served as icebreakers, after-dinner games, and a platform for intensifying relationships with one's friends, lovers, and self. Now, in If . . . : Questions for the Soul, they present a phenomenal collection of questions that will help you begin your soul search. These questions will inspire and challenge you and guide you to a deeper understanding of your soul.

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