



Sailing Home: Using the Wisdom of Homer's Odyssey to Navigate Life's Perils and Pitfalls

Norman Fischer

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Homer's *Odyssey* holds a timeless allure. It is an ancient story for every generation: the struggle of a man on a long and difficult voyage longing to return to love and family. Odysseus's strivings to overcome both divine and earthly obstacles and to control his own impulsive nature hold valuable lessons for us as we confront the challenges of daily life. *Sailing Home* breathes fresh air into a classic we thought we knew, revealing its profound guidance for the modern seeker.

Dividing the book into three parts—"Setting Forth," "Disaster," and "Return"—Fischer charts the course of Odysseus's familiar wanderings. Readers come to see this ancient hero as a flawed human being who shares their own struggles and temptations, such as yielding to desire or fear or greed, and making peace with family. Featuring thoughtful meditations, illuminating anecdotes from Fischer's and his students' lives, and stories from many wisdom traditions including Buddhist, Judaic, and Christian, *Sailing Home* shows the way to greater purpose in our own lives. The book's literary dimension expands its appeal beyond the Buddhist market to a wider spiritual audience and to anyone interested in the teachings of myth and story.

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