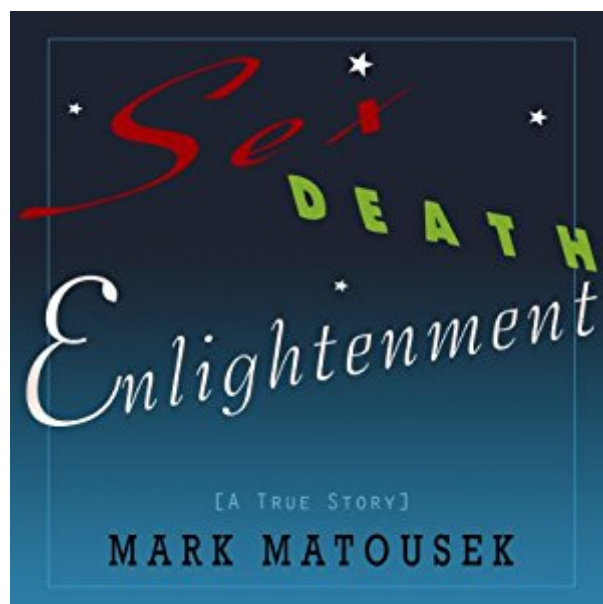


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# Sex Death Enlightenment: A True Story



## Synopsis

In this classic memoir, a gay man living a fast-track life in NYC (working for artist Andy Warhol), escapes to India, confronts his demons, and takes the reader on a roller-coaster ride to realize his dreams and discover the true meaning of life and holiness.

## Book Information

Audible Audio Edition

Listening Length: 2 hours and 35 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Open Book Audio

Audible.com Release Date: July 22, 2013

Whispersync for Voice: Ready

Language: English

ASIN: B00E3AQ15G

Best Sellers Rank: #172 in Books > Biographies & Memoirs > Specific Groups > LGBT > Gay

#1062 in Books > Audible Audiobooks > Biographies & Memoirs > Artists, Writers & Musicians

#10515 in Books > Biographies & Memoirs > Arts & Literature > Authors

## Customer Reviews

I didn't want to like this book. I didn't want to like a guy who had such low sexual morals and I sure didn't want to like a guy who would re-tell those sexual encounters so graphically. But like Mark I do. This is a really moving book with profound insights. I've read two of his books now and each one has left a quote on my refrigerator. This book put "Whatever it takes to break your heart and wake you up is grace". Wow! I read that and had to put the book down. What an interesting way to look at heartbreak and despair. This book is inspirational but probably too far out there for most people to "get".

I'd repeat everything I've read in previous reviews. Suffice it to say that I've dog-eared just about every page, and will give this book to many, many friends. Mark's story is truly ripe for our time -- and he shows, without a doubt(!), that it *is* possible for us jaded moderns to shuck our numbing cynicism and embrace the entire, glorious, terrifying mess of our lives and move into true enlightenment, which is simply to say "Yes!" to the whole chaotic, unavoidable journey, and to know in our bones that we are loved, and capable of loving, beyond the cage of ego and fear.

What I realized while reading Mark Matousek's gripping story of his childhood and early adulthood is that although we seekers come from vastly different backgrounds, our passion for seeking the Truth of who we are and why we're here is universal and remarkably similar. The raw honesty with which Mark writes (he is a very gifted writer) was, in fact, quite shocking to me in places; however, I was not offended. I think it's Mark's integrity as a teacher and writing coach, because he never makes assumptions that his story is your story. He helps us shine the light of awareness on our own unique life experiences, enabling us to see and feel how much alike we all are as human beings having a spiritual experience rather than the other way around. I've taken several e-courses with him that have opened me up to my own story in ways I never dreamed possible. I believe this memoir of his will become a book of hope and healing for anyone who may be conflicted about their sexuality and their search for the Truth of who they truly are. Mark has certainly found his place in the world and in doing so has helped me find mine. God bless you, Mark!

Mark Matousek is a brave man and a generous heart. This true story of his tragic childhood, his escape into trading/selling his body for semblances of love, his entry into the chaos of the corporate world of New York with all the attendant sings of dermal pain and empty heart, his jogging into AIDS territory personally and in the loss of loved ones.....all of this journey must have been difficult to tell. But then he begins his odyssey of finding spiritual enlightenment and everything written before appears as preparation for his enlightenment. That Matousek writes well is a given here, and has been further substantiated in his subsequent books (like *The Boy He Left Behind*), and because of his finely honed skills this book steps beyond the too frequently published "self-help genre". *SEX DEATH ENLIGHTENMENT* could easily be a novel, so interesting and beautifully developed are all the characters at play here. The fact that this is one man's true journey toward entry into the spiritual world just makes it that much more engrossing. Though once on the bestseller lists around the world, it seems that there should be a word of mouth campaign to bring people back (and find new readers) to this very special book. This writer has given us what really could be the discovery of a truly brave new world. Recommended as an inspiring guide to those who seek to truly know life and the connectedness of us all.

I approached *Sex Death Enlightenment* with both fascination and trepidation. As the in-house editor at a hip graphic design firm in the 1980s, I recall how staff coveted every new issue of *Andy Warhol's Interview*. But even working in what felt like a center of the 'alt' cultural universe, Toronto's

Queen Street West, I just didn't get it. Warhol's 'work' was all cribbed surfaces and celebrated vapidly, his persona a hellish vortex. So it's amazing that author Mark Matousek, who for a time thrived in Warhol's Manhattan madhouse, survived for something better. What a thread of grace it is that runs through Matousek's life. Even as he was searching, either slumming around or slowly etching away at the terrible family dynamic from which he came, there was another deeply alive bit of soul that would be pulled up and redeemed. At each juncture where he betrays himself, he is more and more leavened, broken open to possibility. And as the hubris drains away, a beautiful humility begins to shine through. I loved Sex, Death, Enlightenment. I loved the fearless honesty with which the author relays his journey. His ups and downs, the agonies before the epiphanies are heroic, his transcendent moments, glorious. And he pays grateful tribute to those relationships that helped him along. My only caveat is that some readers might be squeamish about the more graphic sex bits, which jar one away from the subtler tone of the narrative, but this is a small complaint about a compelling read. [...]

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