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This small guidebook endeavors to look with 21st-century eyes at the wisdom of an ancient poem called the first psalm. Also known as The Two Ways of Living, it is part of the world's trove of wisdom literature — and is likely the first "self-help" verse ever written. If you consider yourself to be a “spiritual but not religious” person, you will find in this brief poem unexpected treasure. If you seek a better understanding of happiness but want no part of God, you will discover surprising wisdom in these words. People the world over have been happening upon them for many thousands of years and come away grateful. Because even though the world keeps changing, the human heart remains the same— and forever leaps to find that happiness is close at hand.

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