Anam Cara: A Book Of Celtic Wisdom

John O'Donohue

At a birthday party for a mutual friend, I met Len Daley. After we talked for a while, he said he was reading a book entitled Anam Cara. As a member of a small group at the time that we called Anam Caras, which is a Celtic word for "soul friends," I expressed an interest in finding out more about this book. He had his reading copy with him and showed it to me. When he handed it to me, the book flopped open to an ancient Celtic poem about a cat named Pangur Bán and his friend, a writer.