



The Fine Arts of Relaxation, Concentration and Meditation: Ancient Skills for Modern Minds (Paperback)

By Joel Levey, Michelle Levey

Wisdom Publications,U.S., United States, 2003. Paperback. Book Condition: New. New edition. 226 x 152 mm. Language: English . Brand New Book. Joel and Michelle Levey have taught thousands of people around the globe to live in greater harmony and balance. Field-tested and refined over many years, the Leveys unique approach to stress-mastery and personal development offers step-by-step guidance for developing personal strengths, enhancing the quality of life, and making a real contribution to the world. The Fine Arts of Relaxation, Concentration and Meditation offers a treasury of their most useful teachings: Waking up throughout the day--finding your meditation practice and sticking to it. Balancing breath, brain, and mind--mastering stress--enhancing performance in every arena of your life. Creative intelligence--the dynamic synergy of active and quiet mind skills. Mastery, mystery, and meditation--awakening to your true nature. Inspired Work--relaxation, concentration, and meditation on the job. A vital blend of profoundly practical skills, advice, instruction, and encouragement makes Fine Arts a complete course for awakening more fully to your highest potentials in each moment of your life.



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