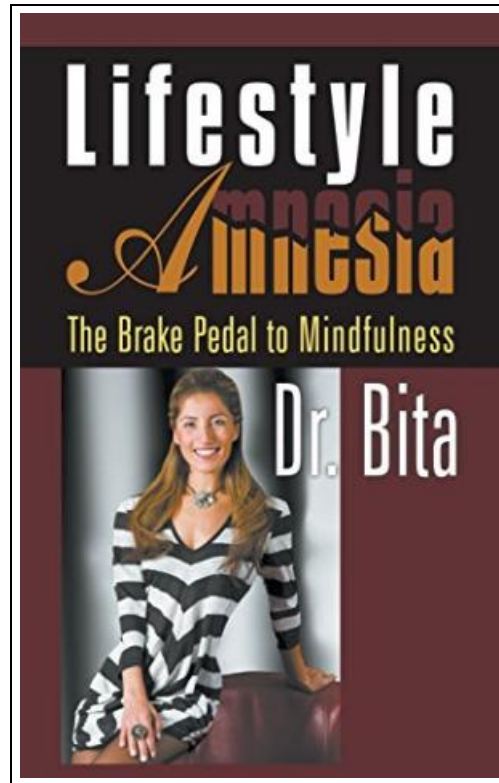


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(Madison Armstrong)

LIFESTYLE AMNESIA: THE BRAKE PEDAL TO MINDFULNESS (HARDBACK)



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Strategic Book Publishing Rights Agency, LLC, 2013. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In this revelational book of self-discovery, Clinical Psychologist Dr. Bitá introduces the concept of Lifestyle Amnesia, a state of mind and being that deprives one from experiencing beauty. According to Dr. Bitá, the vast majority of humans suffer from this condition, a state of unawareness she says functions on autopilot. Dr. Bitá defines another kind of beauty aside from physical beauty, which she calls beauty in its experiential form. This is the beauty of sensual and mindful experiences. In conjunction, our mind and our senses are the keys to experiencing beautiful aspects of everyday life. The author explains that this beauty is not superficial, but it can be obtained when one embraces a conscious state of near total awareness of the present. The reader is encouraged to identify the signs of Lifestyle Amnesia and is provided helpful, practical tips to conquer it. Furthermore, the impact of parental Lifestyle Amnesia on children and teens is given special attention. Dr. Bitá is the founder and clinical director of a world-renowned clinical network, Dr. Bitá s Network (DBN). Her network includes many clinics and spans Canada. Dr. Bitá has made numerous scientific contributions, most famously on that of the psychological effects of immigration. Following the fall of the Soviet Union and the Berlin Wall, Western Europe experienced an influx of immigrants; Dr. Bitá has helped thousands of those immigrants settle and integrate, thanks to her study. Today she continues to do so, in Canada. Publisher s website: /DrBitá.



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