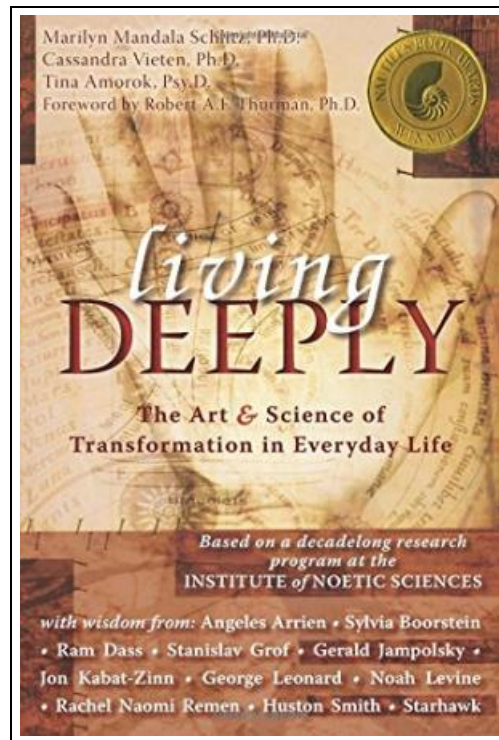


## Living Deeply: The Art and Science of Transformation in Everyday Life



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### **Reviews**

*Basically no phrases to clarify. It really is written in straightforward phrases rather than hard to understand. You will not sense monotony at any moment of your own time (that's what catalogues are for concerning if you ask me).  
(Doris Beier)*

## LIVING DEEPLY: THE ART AND SCIENCE OF TRANSFORMATION IN EVERYDAY LIFE



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New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Living Deeply: The Art and Science of Transformation in Everyday Life, Marilyn Mandala Schlitz, Cassandra Vieten, We live in an exciting time in which monks are sitting down with Harvard scientists to talk about the neuroscience of mindfulness, indigenous healers are working side-by-side with physicians to treat patients in major hospital clinics, and quantum physics and living systems biology are confirming traditionally spiritual views of human consciousness. We also live in a challenging time in which understanding more about how we can cultivate a more compassionate and peaceful way of life has become an urgent priority for the health and well being of individuals as well as our global community. This engaging distillation of the most recent scientific advances and perennial wisdom brings what we know about how people change their lives off the mountaintop, down from the ivory tower, out of the laboratory and into the hands of readers. Springing from the Institute of Noetic Sciences' (IONS) studies of how people transform their lives, this book describes and discusses the implications of some of the most recent and compelling scientific findings on human consciousness and transformation. "Living Deeply" transcends any one approach by focusing on common elements of transformation across a variety of traditions, while affirming and supporting the diversity of approaches across religious, spiritual, scientific, academic, and cultural backgrounds. Each chapter in the book ends with "Experiences of Transformation", exercises drawn from wisdom traditions or scientific investigations meant to enhance your direct experience of the material.



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