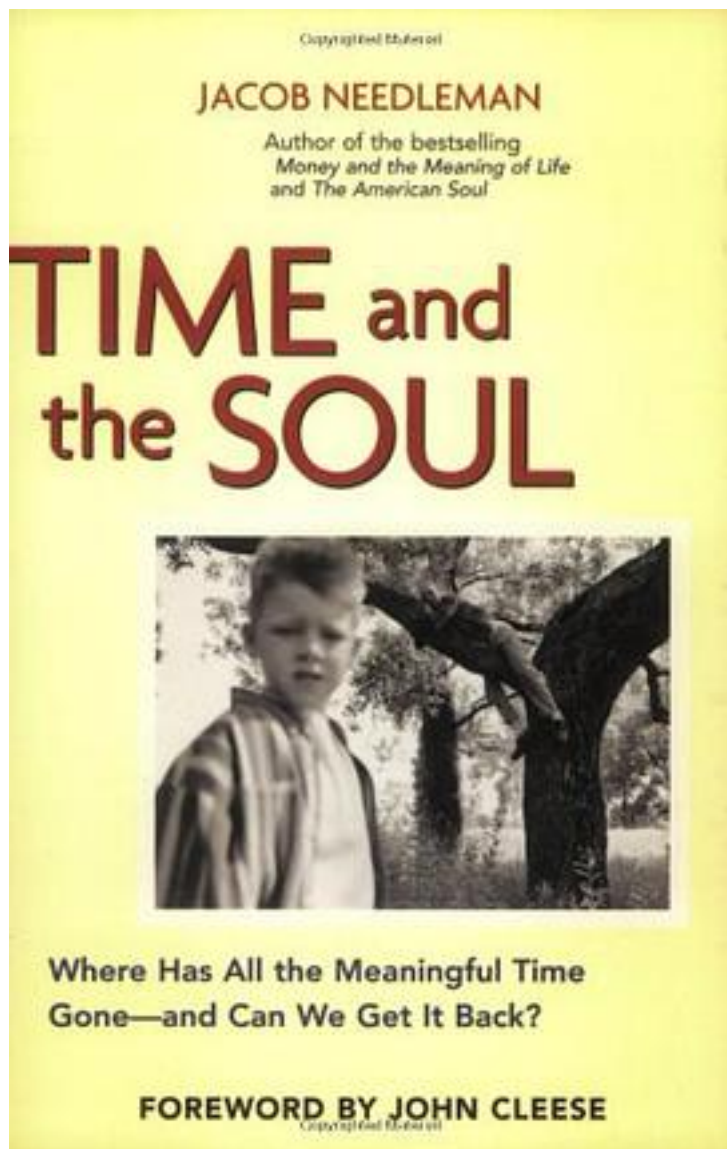


# Time and the Soul



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出版者:BERRETT KOEHLER

出版时间:2003-4

装帧:Pap

isbn:9781576752517

Jacob Needleman, shows how to take a bold and unconventional approach to time. The aim is to get more out of it by breaking free of our illusions about it. Needleman dispenses with tricks and techniques that only serve to make our obsessiveness more "efficient." Instead he shows how we can understand what our days are for.

作者介绍:

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