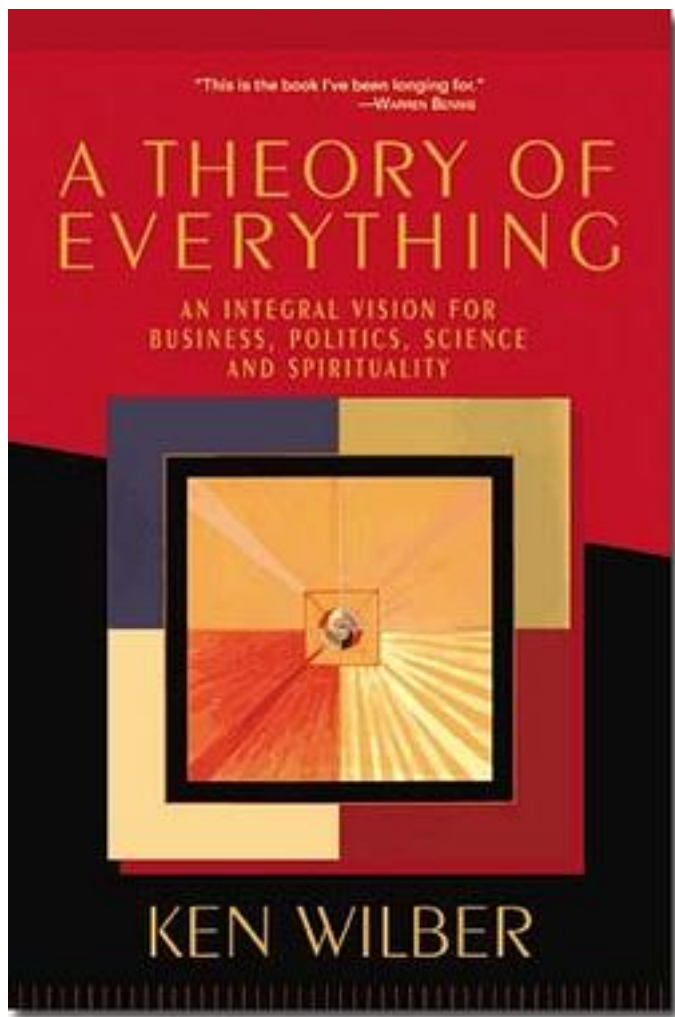


A Theory of Everything



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著者:Wilber, Ken

出版者:Random House Inc

出版时间:2001-10

装帧:Pap

isbn:9781570628559

Here is a concise, comprehensive overview of Wilber's revolutionary thought and its application in today's world. In A Theory of Everything, Wilber uses clear, nontechnical language to present complex, cutting-edge theories that integrate the realms of body, mind, soul, and spirit. He then demonstrates how these theories and models can be applied to real-world problems in areas such as politics, medicine, business, education, and the environment. Wilber also discusses daily practices that readers take up in order to apply this integrative vision to their own everyday lives.

作者介绍:

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标签

肯恩.威尔伯

心理学

哲学

肯恩・威爾伯

肯・威尔伯

系统

思想

心理

评论

了解了Spiral Dynamics比较关键，4个象限的方法日后可能会有启示。其他部分可能不太适合我的阅读习惯啦。

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书评

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