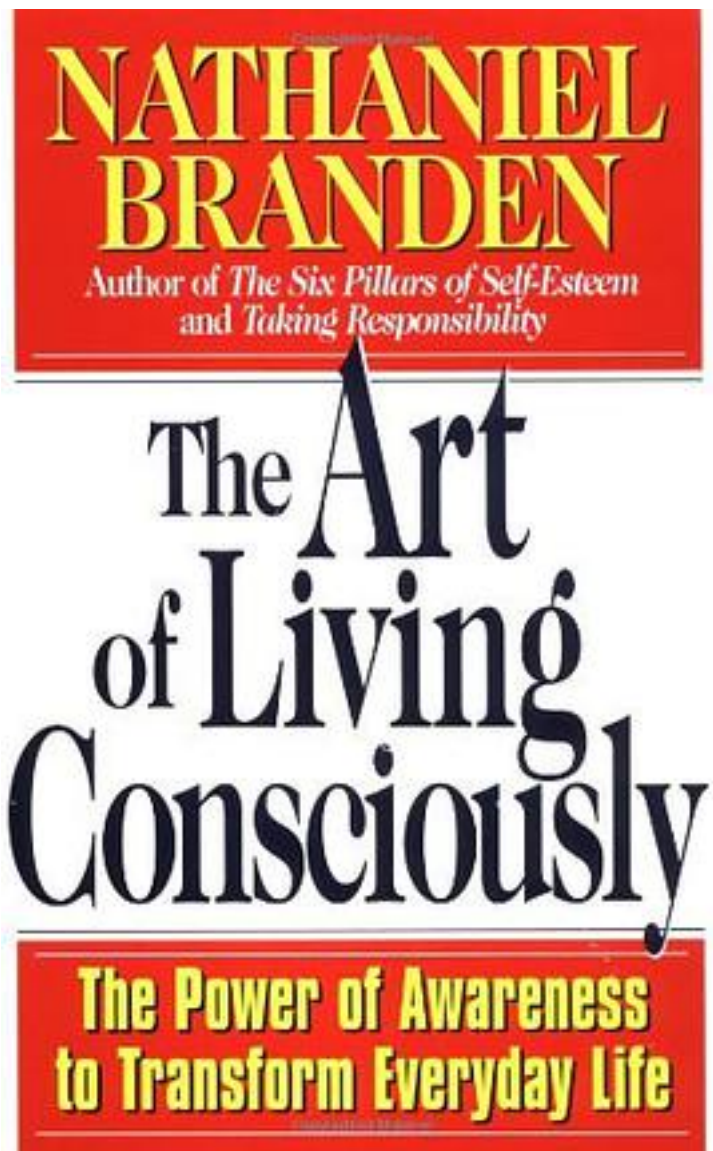


# The Art of Living Consciously



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著者:Nathaniel Branden

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In THE ART OF LIVING CONSCIOUSLY, Nathaniel Branden enters new territory, exploring the practice of mindfulness and its power to influence our intentions, actions, values, and goals. Becoming more conscious of ourselves and the world around us in any situation, he argues, opens our eyes to the possibilities and options we otherwise miss. Illuminating the positive action of mindfulness on our careers, our search for romantic love, and our pursuit of personal and spiritual development, Branden encourages readers to rethink their beliefs about everyday activities, morality, mortality, and God. Like his groundbreaking work on self-esteem, Branden's insights into living consciously provide essential guidelines for making the most of ourselves in every aspect of our lives.

作者介绍:

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标签

英文原版

心理学

评论

用来告别2020的一本书。好得无以言喻。国内心理学图书中斥着一堆心灵鸡汤，那么好的书二十年前就已出版，却没有出版社感兴趣。 If only I read it ten years ago.

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书评

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