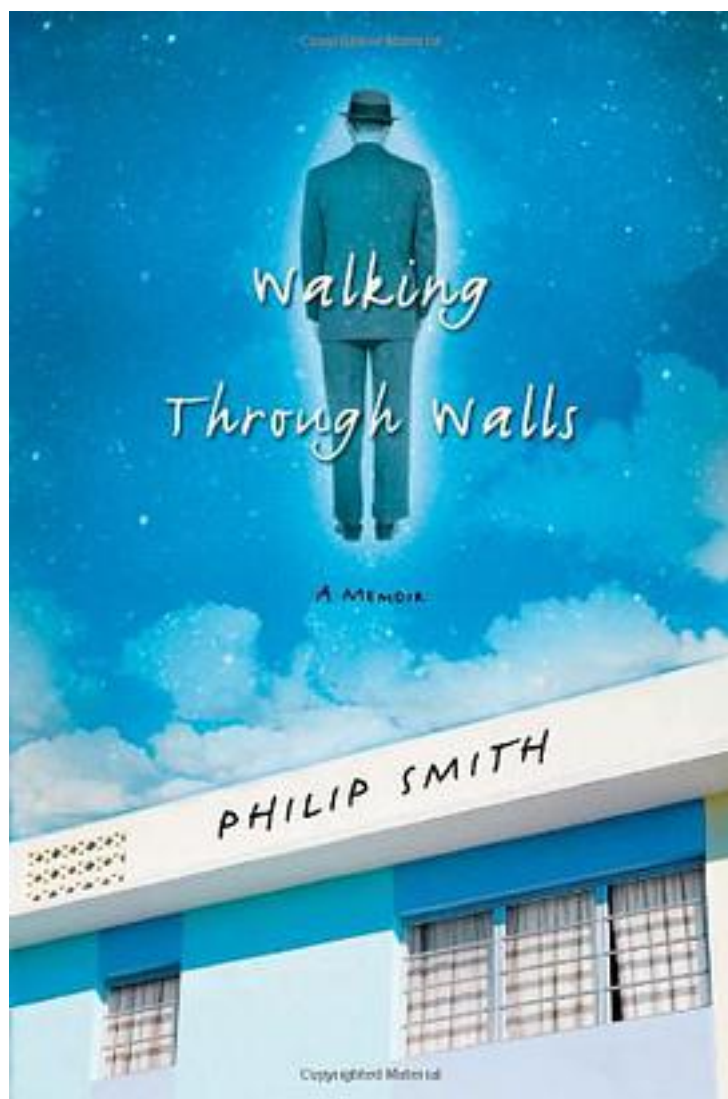


Walking Through Walls



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出版者:Ten Speed Pr

出版时间:2005-2

装帧:Pap

isbn:9781587612183

WALKING THROUGH WALLS is a no-nonsense handbook for the spiritual seeker with little time for a lengthy philosophical treatise?and even less energy for a "taking a lifetime for enlightenment" self-help book. Psychologist and author Lee Jampolsky offers an eight-week course that gets right down to the business of accelerating personal growth. Each week Jampolsky focuses on one of eight traits that are compatible with every great spiritual tradition: honesty, tolerance, gentleness, joy, defenselessness, generosity, patience, and open-mindedness. Cutting through the fog of typically lofty and unreachable self-help goals, WALKING THROUGH WALLS presents a realistic and attainable plan for personal development.

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