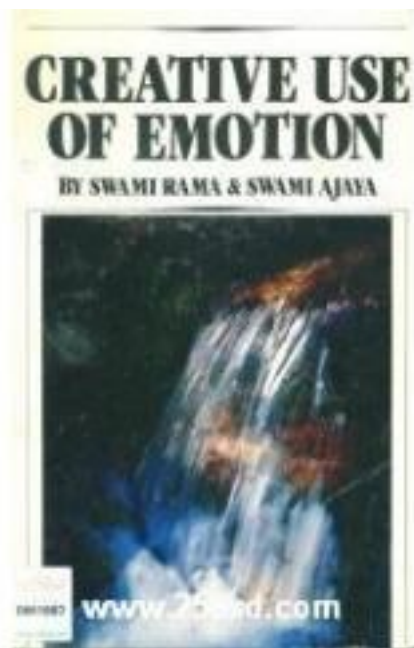


# Creative Use of Emotion



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著者:

出版者:

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Book Description A master of yoga collaborates with an American-trained psychologist in presenting this practical, holistic perspective on the role of emotions in the development of consciousness. They explain how we can all expand our consciousness from a state of conflict, confusion, and emotionalism to the experience of greater joy and harmony. Many facets of this developmental process are described, along with methods that lead to emotional maturity and expanded consciousness.

作者介绍:

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