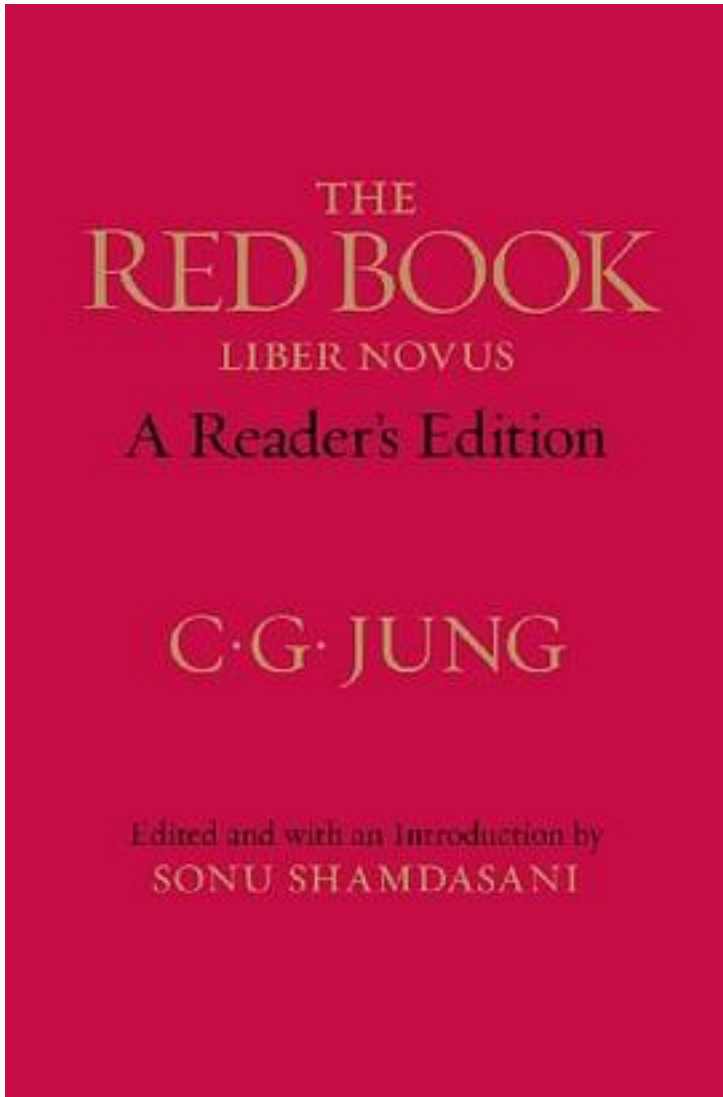


# The Red Book



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著者:Beak, Sera J.

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The Red Book is nothing less than a spiritual fire starter-- acombustible cocktail of Hindu Tantra and Zen Buddhism, Rumi and Carl Jung, goddesses and psychics, shaken with cosmic nudges, meaningful subway rides, haircuts, relationships, sex, dreams, and intuition. Author Sera Beak's unique hybrid perspective, hilarious personal anecdotes, and invaluable exercises encourage her readers to live more consciously so they can start making clearer choices across the board, from careers to relationships, politics to pop culture and everything in between. For smart, gutsy, spiritually curious women whose colorful and complicated lives aren’ t reflected in most spirituality books, The Red Book is an open invitation to find your true self and start sharing that delicious truth with the world.

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