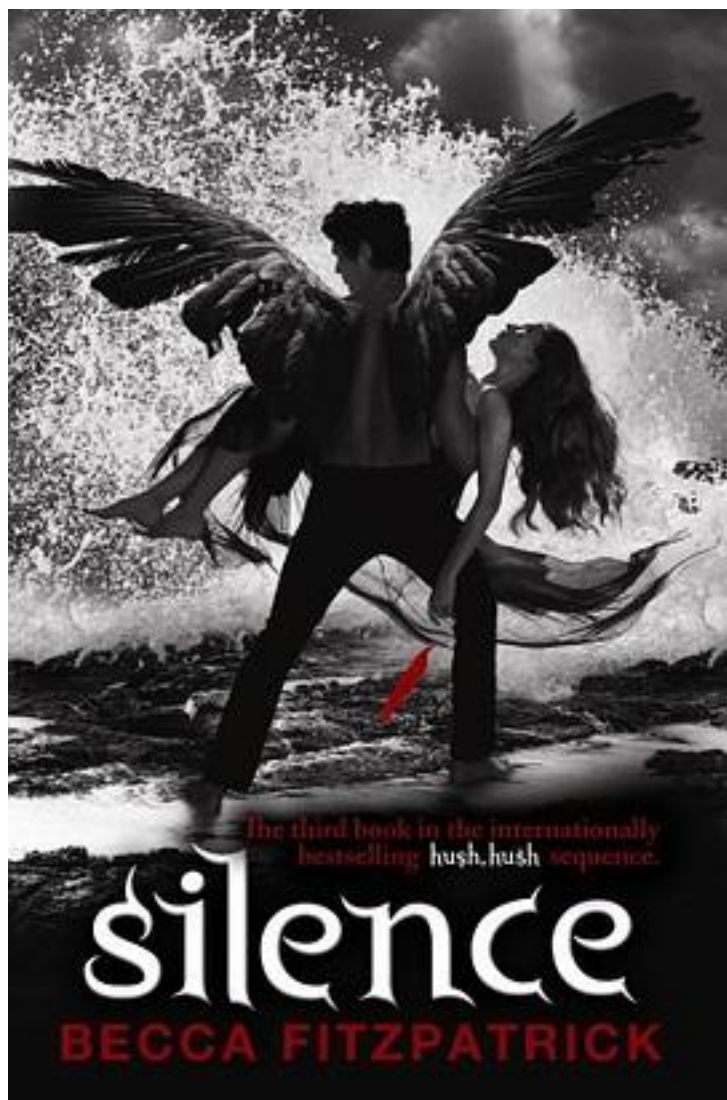


# Silence



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著者:Christina Feldman

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Silence: It is a precious commodity that even the most successful of us may not have. As we work to ensure our status in the world, it is easy to forget that we are not merely physical creatures. The state of our spiritual health can be easily tested. When the noise of the world dies away and we are left with ourselves, we get a pretty clear indication of the true extent of our inner peace. In Silence, author Christina Feldman charts a four-part course to accessing and sustaining this nurturing state-even in the midst of our busy lives. She writes, "We can learn to find it in all moments and all things; we discover that it has never been lost only hidden. With over 230 color photographs and a striking contemporary design, Silence is a calming book to look at, to read, and-most important-to use.

作者介绍:

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