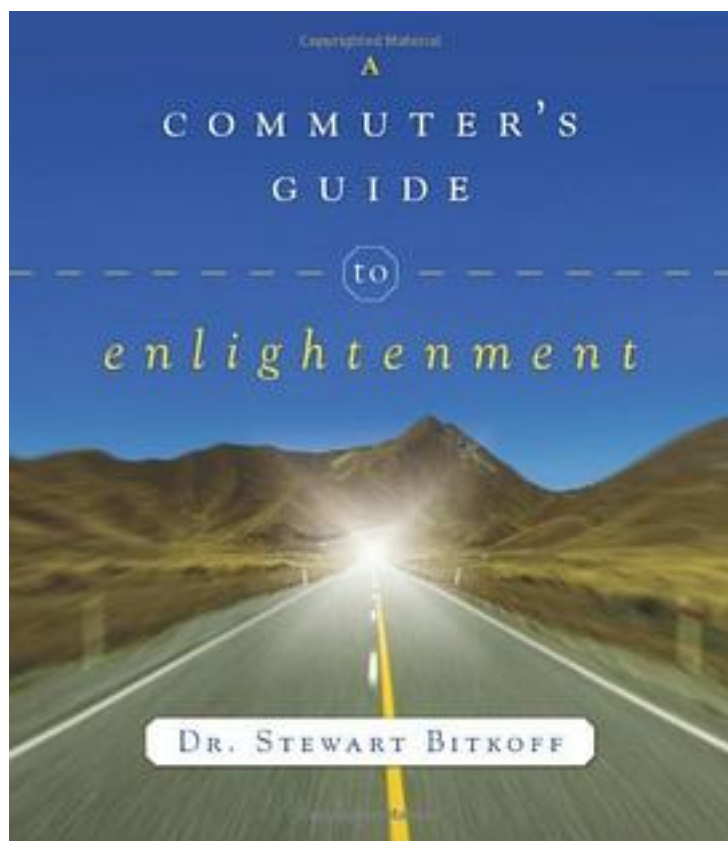


A Commuter's Guide to Enlightenment



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著者:Bitkoff, Stewart

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For years, Dr. Stewart Bitkoff suffered through every traffic jam, flat tyre, and rude driver that marred his hour-long commute to New York City ...until he discovered how to transform this soul-draining journey into one filled with divine lessons and meaning. Blending spiritual wisdom with his own astute life observations from the road, Dr. Bitkoff teaches readers how to live in the present and find joy in ordinary moments. His personal stories draw insightful parallels between the "road of life" and one's spiritual

path. Meditations, tips, exercises, and prayers will help you shut off shallow concerns, centre yourself, and open up to a higher consciousness. Whether you're a stockbroker, a student, or a parent on the school run, this guide will show you how to find tranquility during life's most stressful and tiresome activities.

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