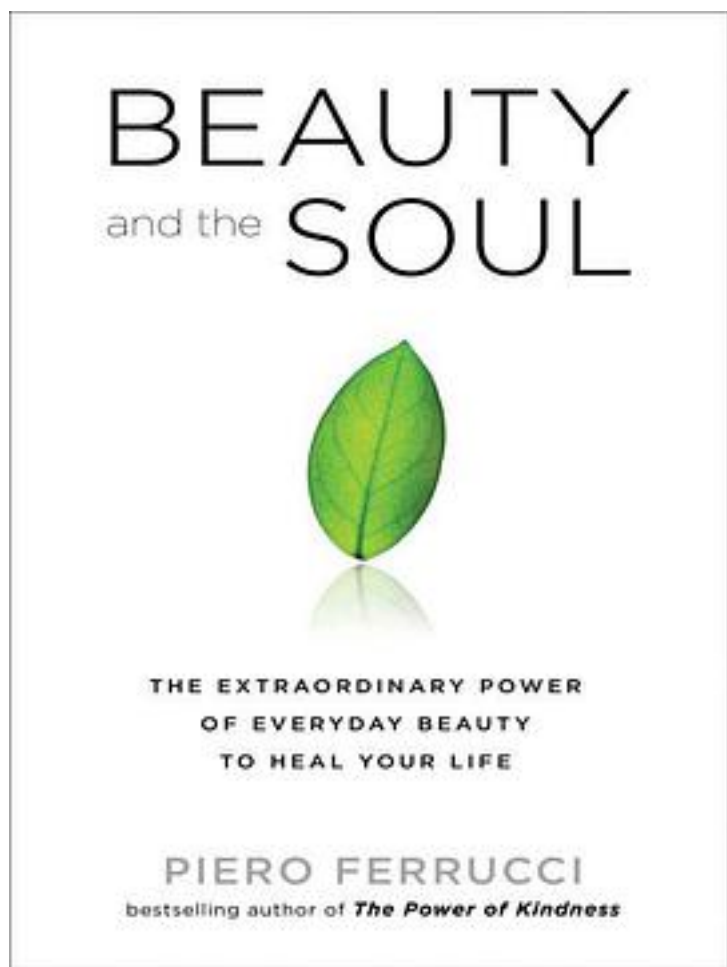


Beauty and the Soul



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The bestselling author of *The Power of Kindness* shows how the ability to appreciate beauty—far from being a luxury or an afterthought—is vital to leading a happy, balanced,

and satisfying life.

Beauty is all around us-in a flower, a song, the sound of falling water, or a dramatic painting. We often think of it as just "window dressing." But it's not. It is the balm of our existence, and we cannot live full and satisfying lives without it.

Transpersonal psychologist Piero Ferrucci helps us to see everyday beauty in a whole new way-and to understand its powers to guide us through periods of darkness or stress, to speed recovery, to make life feel purposeful. He uses stories, case studies, clinical histories, and anecdotes to explain how different kinds of beauty complement and complete our lives in different ways.

So much of the malaise and low-grade depression we may find in our lives and those of people we love is due to our inability to understand the extraordinary power-and necessity-of taking time to "smell the flowers." Ferrucci shows how we can place ourselves in closer proximity to the therapeutic healing that only beauty can bring.

作者介绍:

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