Eye to Eye



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著者:Ken Wilber

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In this book Wilber presents a model of consciousness that encompasses empirical, psychological, and spiritual modes of understanding. Wilber examines three realms of knowledge: the empirical realm of the senses, the rational realm of the mind, and the contemplative realm of the spirit. Eye to Eye points the way to a broader, more inclusive understanding of ourselves and the universe.

作者介绍:

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