



A Book of Wisdom and Delight: How to Fall in Love with Life

By James Nicholas

iUniverse, United States, 2008. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The book offers challenging but easy reading. It draws enriching ideas from philosophy, psychology and literature from East and West. The thoughts of 180 eminent thinkers are cited, with the ideas of modern writers. Intertwined with the classics are the author's own reflections. This book is profuse with beautiful references to nature. Areas that are of interest to people are discussed in six lively and easy to understand chapters: 1. Enjoy Inner Peace and Calm 2. Give Yourself a Dazzling Mind 3. The Joys of Genuine Intimacy 4. Be Ever Young in Spirit 5. A Blueprint for Success 6. Abundant Energy for Everyday Life Readers will discover stimulating ideas on how to feel better, think better and remain loving, successful, youthful and energetic throughout life.

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