



## Journey to Awareness and Beyond

By David Paperny

Xlibris Corporation. Paperback. Condition: New. 214 pages. Dimensions: 8.8in. x 6.0in. x 0.7in. An enriched view of personal reality drawing from medical and theoretical sciences as well as the esoteric, combining modern experimental science with ancient wisdom which provide keys to the physiology of happiness: Anatomy and Physiology of Mind-Body concepts and the Body Energy Spectrum, Consciousness and the Mind, Dimensional reality, personal reality and time, Spiritual evolution and the soul, Happiness as a self-regulated mind and physiology. A reading experience with an open perspective from human life and mind -- to matter and energies. The book describes for a layman or a professional the weaving of metaphors, exercises and scientific procedures which promote joy in life and the realization of inner freedom. Comprehensive references of both scientific research and empirical experience are provided. Experience proven approaches to joy of well-being of body and mind: subtle energies and Energy Psychology, Meridian physiology in Eastern and Western health practices; Understanding the self, personal direction, goals, and change; Psychology of success, intention, High Will, imagery, inspiration and motivation. Learn leadership qualities, communication skills, assertiveness, and Responsible Open Self-Expression used in managing personal relationships. This is the only book that amalgamates scientific technology with...



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