



Calm Mind, Fearless Heart: The Taoist Path Through Stress and Spirituality (Paperback)

By Brian Luke Seaward

Turner Publishing Company, United States, 2004. Paperback. Book Condition: New. 234 x 155 mm. Language: English . Brand New Book ***** Print on Demand *****.Reading Quiet Mind, Fearless Heart is like eavesdropping on a conversation between Lao Tzu and Joseph Campbell--a pure pleasure to read! --Deepak Chopra, M.D., coauthor of The Seven Spiritual Laws of Yoga and author of The Spontaneous Fulfillment of Desire Quiet Mind, Fearless Heart is an enchanting piece of wisdom that combines ancient insights with practical solutions to the stress epidemic that permeates our culture. Brian Luke Seaward is a master teacher, skillful guide, and true healer. --Larry Dossey, M.D., author of Healing Words and Reinventing Medicine The perfect antidote for these acceleratingly stressful post-9/11 times with fearmongers accosting us everywhere, Quiet Mind, Fearless Heart artfully and wisely blends stress relief with spirituality. Keeping us constantly uplifted and engaged, this book is filled with witty sayings, practical, powerful exercises, and personal stories that ring with heartfelt authenticity. --Candace B. Pert, Ph.D., author of Molecules of Emotion With graceful wisdom and gentle humor, Dr. Brian Luke Seaward helps you see past the limitations of the ego to the highest potential of the human spirit at the core...



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