



Integral Life Practice: A 21st Century Blueprint for Physical Health, Emotional Balance, Mental Clarity, and Spiritual Awakening

By Ken Wilber, Terry Patten

Shambhala Publications Inc, United States, 2008. Paperback. Book Condition: New. 226 x 180 mm. Language: English . Brand New Book. Over the last thirty-five years, Ken Wilber has developed an Integral theory of everything that makes sense of how all the world's knowledge systems--East and West; ancient, modern, and postmodern--fit together and can elevate our awareness. Drawing on science, psychology, human development, spirituality, religion, and dozens of other fields, Integral Theory is a revolutionary framework for understanding ourselves and the world we live in. Now there is a way to not just think Integrally, but to embody an Integral worldview in your everyday life. Integral Life Practice is not just a new approach to self-development and higher awareness, but a way of making sense of--and making best use of--the existing treasure trove of insights, methods, and practices for cultivating a more enlightened life. It offers a uniquely adaptive approach to awakened living that's suitable for everyone: people with busy careers and families, college students, retirees, even hardcore athletes and yogis. It's geared for devout--and irreverent--people of any religion, or no religion! This highly flexible system will help you develop your physical health, spiritual awareness, emotional balance, mental...



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