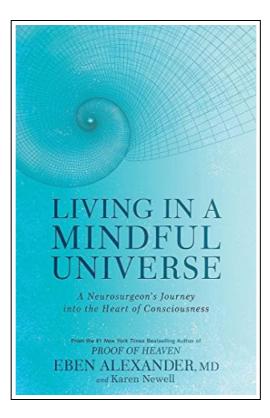
Living in a Mindful Universe: A Neurosurgeon s Journey into the Heart of Consciousness (Paperback)



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Reviews

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LIVING IN A MINDFUL UNIVERSE: A NEUROSURGEON S JOURNEY INTO THE HEART OF CONSCIOUSNESS (PAPERBACK)



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Little, Brown Book Group, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. What is the relationship between the mind and the brain?In Living in a Mindful Universe, Dr Eben Alexander, author of the international phenomenon Proof of Heaven, shares the next phase of his journey to understand the true nature of consciousness and how to cultivate a state of harmony with the universe and our higher purpose. Dr Alexander s life-transforming NDE during a coma had shattered all of his former beliefs about the nature of consciousness, the roles of the mind and brain, and the meaning of life and death. Living in a Mindful Universe illuminates the many steps he took to expand his understanding of a much larger, richer, and deeper cosmos Bill Guggenheim, coauthor of Hello from HeavenWhen eminent neurosurgeon Dr Eben Alexander experienced a startling near-death experience, he was plunged into the deepest realms of consciousness and woke a changed man, certain of the infinite reach of the soul and a life beyond death. In Living in a Mindful Universe, the #1 New York Times bestselling author of Proof of Heaven and The Map of Heaven shares the next phase of his journey to understand the true origins of consciousness and uncover ways to cultivate a state of harmony with the universe and our higher purpose. Questioning, thoughtful but also practical, Living in a Mindful Universe how we can tap into our greater mind and the power of the heart to enhance many facets of our lives, including healing, relationships and creativity.

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