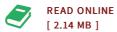




The Urban Monk

By Shojai, Pedram

Condition: New. Publisher/Verlag: Macmillan US | Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace | Based on a lifetime of study, The Urban Monk uses Eastern medicine techniques (such as meditation) to help you simplify your life and overcome a variety of pain points, such as stress, fatigue, weight gain, negative self-image, and loneliness. Pedram Shojai shares how the centeredness and calm of Zen masters is attainable in today's fast-paced world and guides you to become an "urban monk." | Format: Paperback | Language/Sprache: english | 404 gr | 228x155x24 mm | 288 pp.



Reviews

The publication is easy in read better to understand. It is writter in basic words and phrases rather than hard to understand. You wont truly feel monotony at anytime of your respective time (that's what catalogues are for about if you question me). -- Kaya Rippin

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