



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.



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