



### **Four Virtues**

By Tobin Hart

Beyond Words Publishing. Paperback. Book Condition: new. BRAND NEW, Four Virtues, Tobin Hart, Most of us are hungry for a life of meaning, connection, and fulfilment, but in the midst of today's demands and pressures, a deeper life doesn't come automatically. We must increasingly focus on certain virtues-four universal principles needed to foster wholeness and meaningful purpose in humanity. Drawing from decades of research across the wisdom traditions, neuroscience, psychology, poetry, physics, religion, the arts, and literature, The Four Virtues provides a field guide for developing your deepest self. The Spiritual Assessment Matrix of targeted quizzes shows you where you are in relation to the virtues of Presence, Heart, Wisdom, and Creation, and expert practices and tools help you "activate" them in your life. In addition, internationally respected author, professor, and psychologist Tobin Hart speaks directly to anyone-whether religious or secular-looking to live by a contemporary set of ethics to frame their self-development and happiness. Highly accessible, thought provoking, and interactive, The Four Virtuesprovides a ground-breaking way to engage and flourish in life.



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